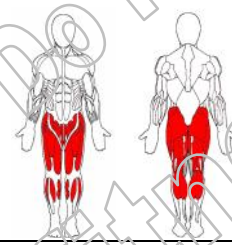


STRETCHING

LEGS



QUADRICEPS



GLUTES & HAMSTRINGS



HIP FLEXORS



CALVES



SHIN



GROIN & ADDUCTORS



GLUTES & ABDUCTORS



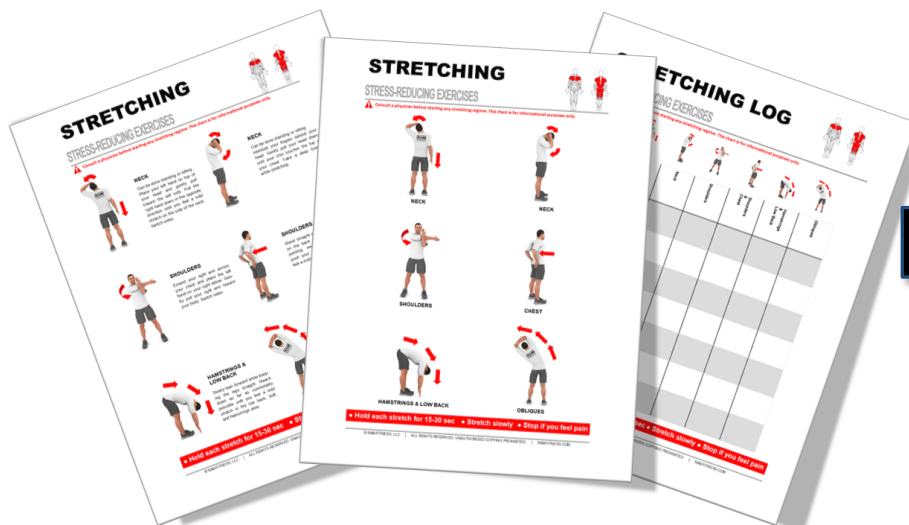
GLUTES & HAMSTRINGS



GROIN & ADDUCTORS

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain

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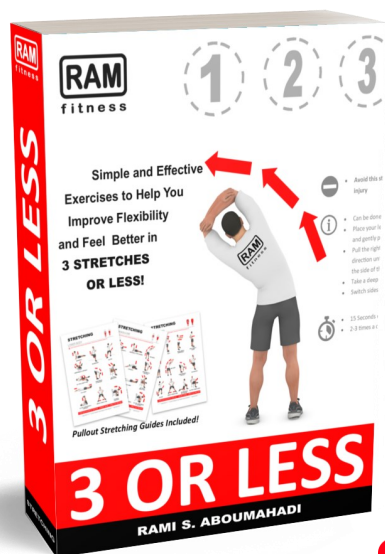
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