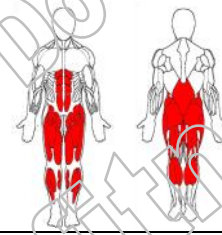


STRETCHING

LOWER BODY



ABDOMINAL



QUADRICEPS



CALVES



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



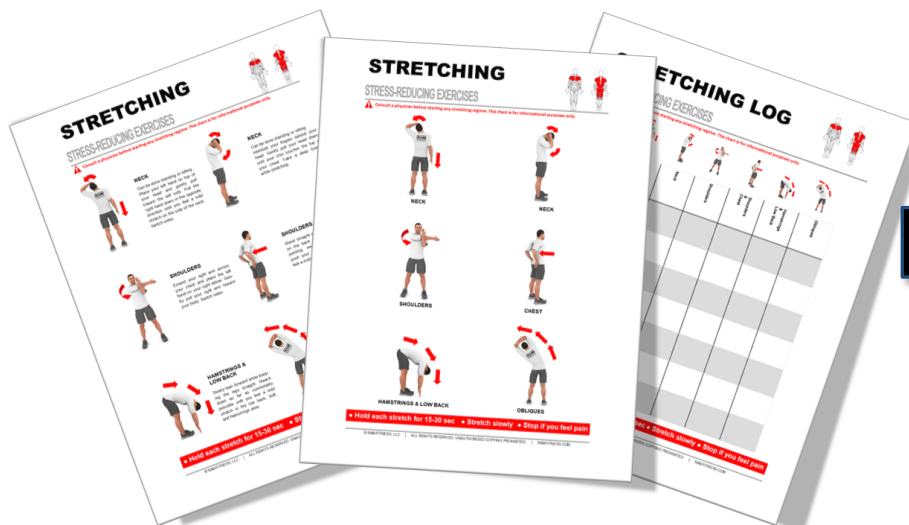
GROIN & ADDUCTORS



GLUTES & LOW BACK

• Hold each stretch for 15-30 sec

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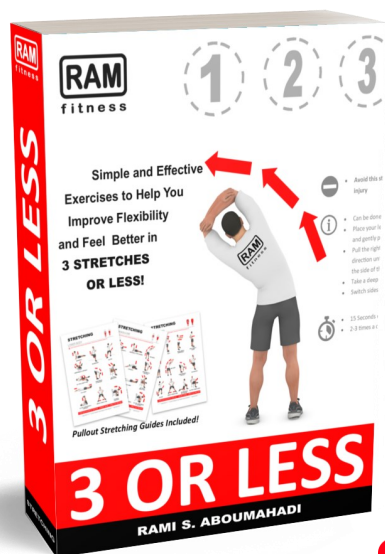
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