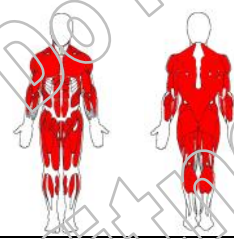


STRETCHING

MORNING



NECK



NECK



NECK



UPPER BACK



SHOULDERS



SHOULDERS &



LOW BACK, HIPS



OBLIQUES



CORE



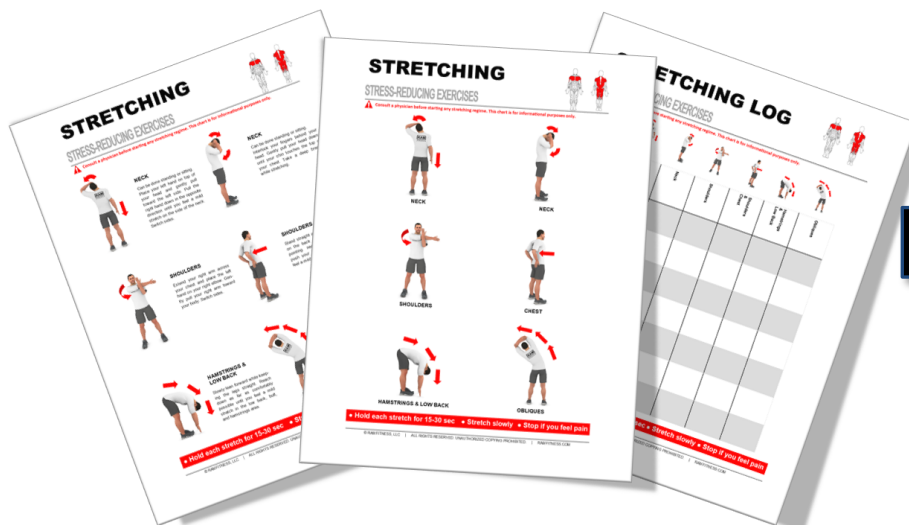
QUADRICEPS



CALVES

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

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