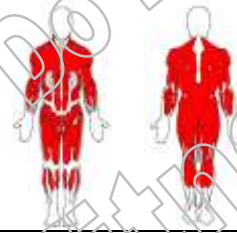


STRETCHING

MORNING



NECK



NECK



NECK



UPPER BACK



SHOULDERS



SHOULDERS & CHEST



LOW BACK, HIPS & HAMSTRINGS



OBLIQUES



CORE



QUADRICEPS



CALVES

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



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