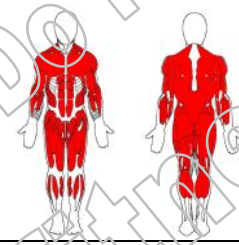


STRETCHING

POLICE OFFICER / FIREFIGHTER



NECK



SHOULDERS & UPPER BACK



SHOULDERS & CHEST



BICEPS & FORE-



WRISTS



TRICEPS



LATS & FULL BODY



HAMSTRINGS & LOW BACK



OBLIQUES



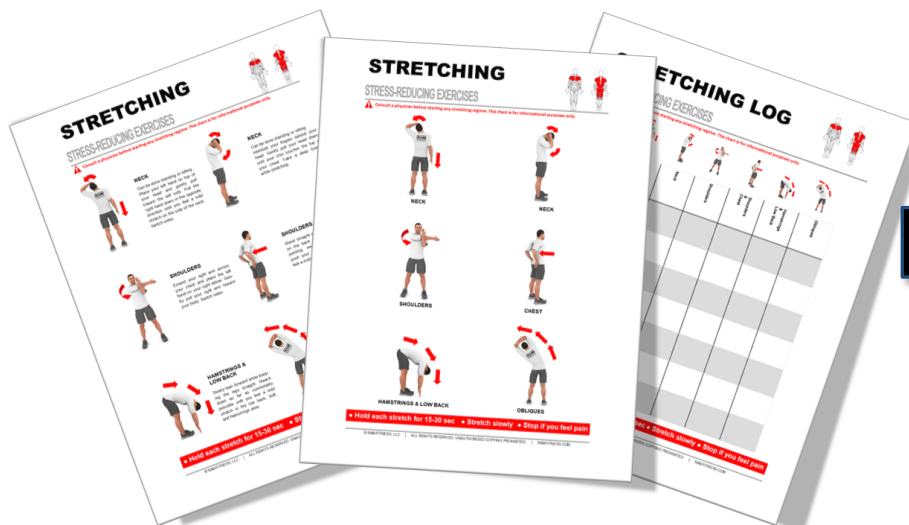
GROIN & ADDUCTORS



QUADRICEPS

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

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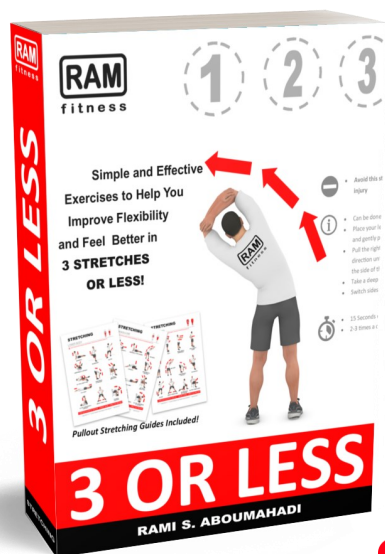
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