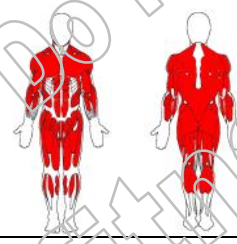


STRETCHING

SCUBA DIVING



NECK



NECK



SHOULDERS & CHEST



SHOULDERS & UPPER BACK



OBLIQUES



FULL BODY



QUADRICEPS



CALVES



HAMSTRINGS, HIPS & LOW BACK



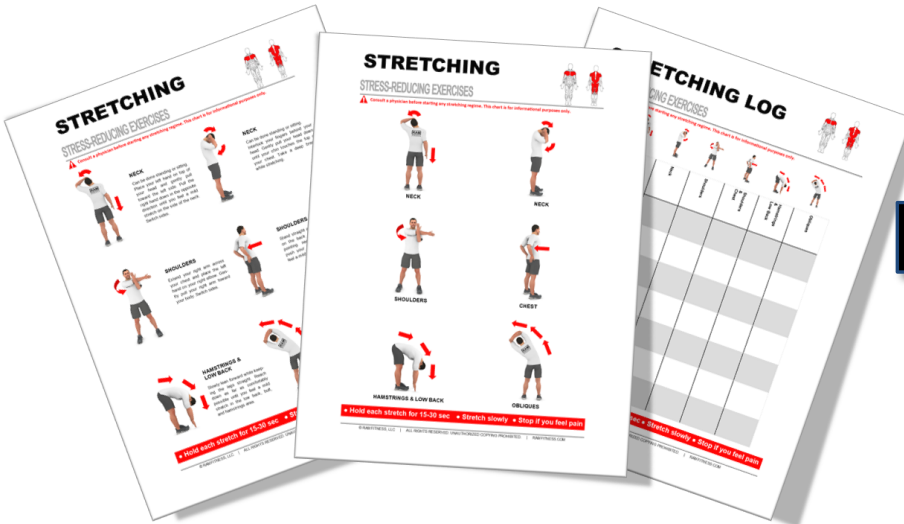
GLUTES & ABDUCTORS



GLUTES & ABDUCTORS

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

Take Your Stretching Routine to the Next Level!



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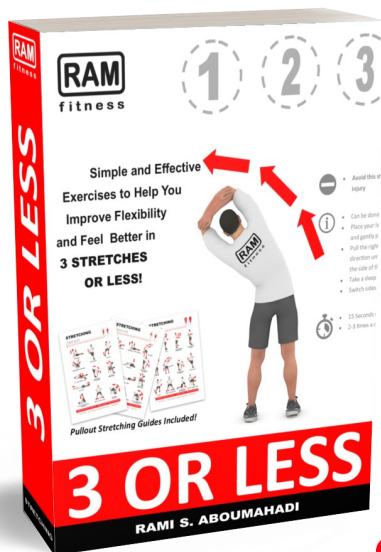
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