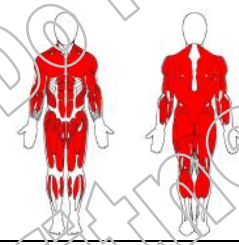


# STRETCHING

## SKIING / SNOWBOARDING



**SHOULDERS & CHEST**



**SHOULDERS**



**WRISTS**  
(For Skiing)



**WRISTS** (For Skiing)



**CORE**



**OBLIQUES**



**LATS / FULL BODY**



**HAMSTRINGS & LOW BACK**



**QUADRICEPS**



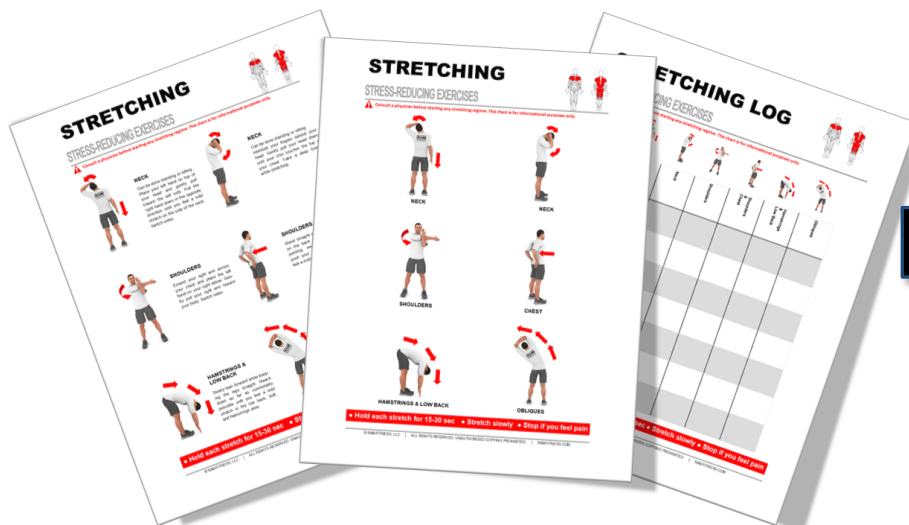
**CALVES**



**GROIN & ADDUCTORS**

• Hold each stretch for 15-30 sec • Stretch slowly

Take Your Stretching Routine to the Next Level!



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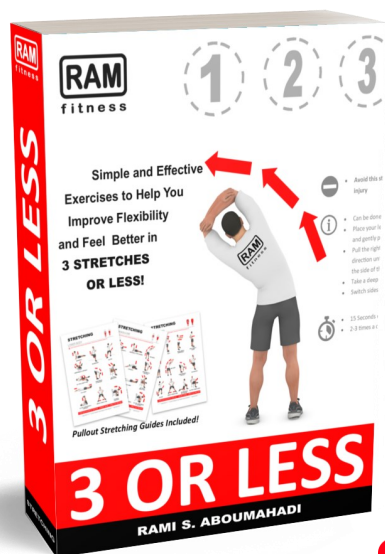
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