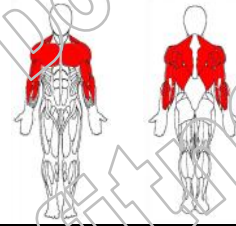


STRETCHING

UPPER BODY



NECK



SHOULDERS



SHOULDERS & UPPER BACK



CHEST



SHOULDERS & CHEST



TRICEPS



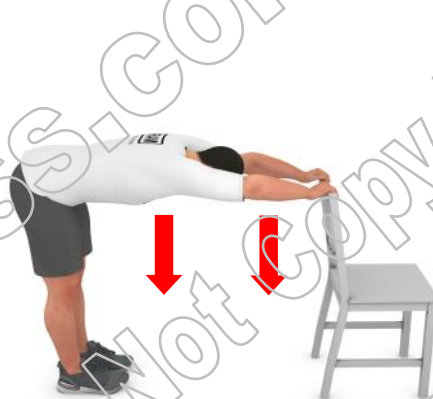
BICEPS & FOREARMS



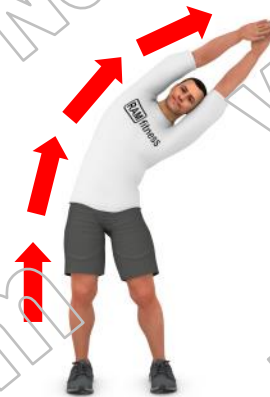
BICEPS & FOREARMS



LATS



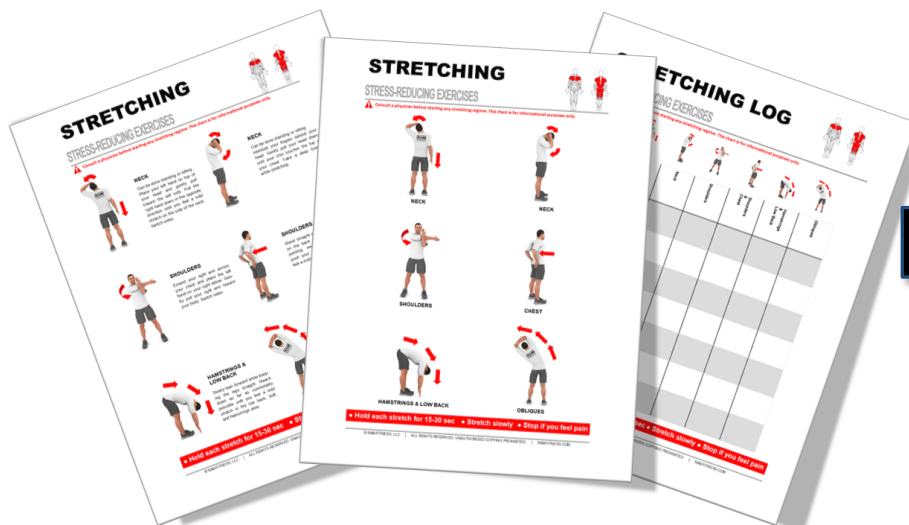
BACK & LATS



OBLIQUES

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

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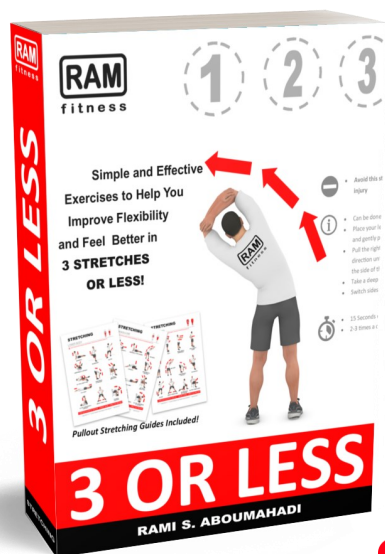
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