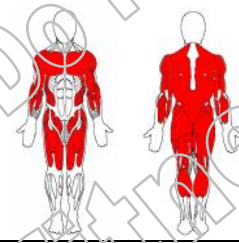


# STRETCHING

## WEIGHT LIFTING



SHOULDERS & CHEST



SHOULDERS & UPPER BACK



BICEPS & FOREARMS



TRICEPS



LATS



HAMSTRINGS & LOW BACK



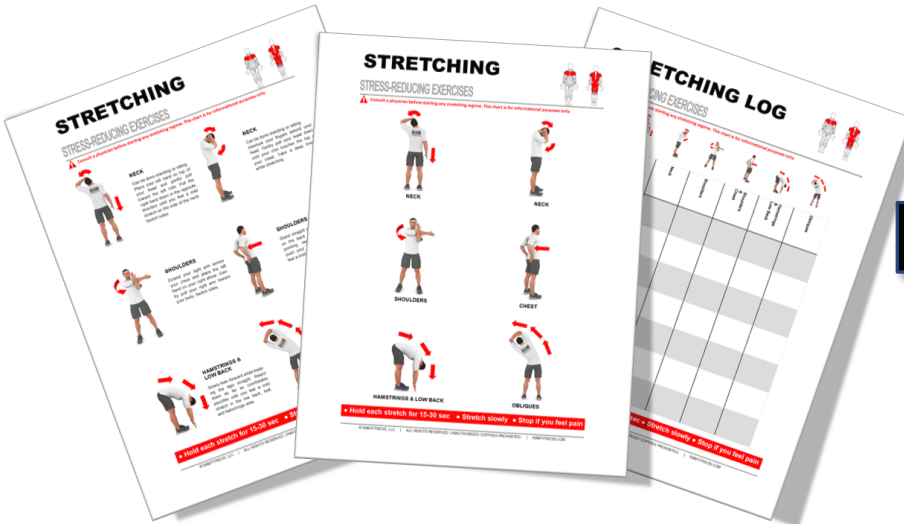
QUADRICEPS



CALVES

• 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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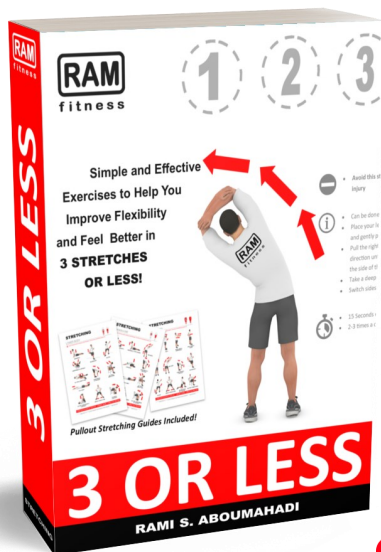
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- **Tailored Routines:** 4 custom stretching plans with logs to track progress.
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- **Customizable Plans:** Create your own stretching routine.
- **Smart Navigation:** Internal links for quick, easy access.
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