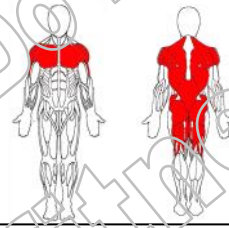


STRETCHING

STRESS-REDUCING EXERCISES



NECK



NECK



SHOULDERS



CHEST



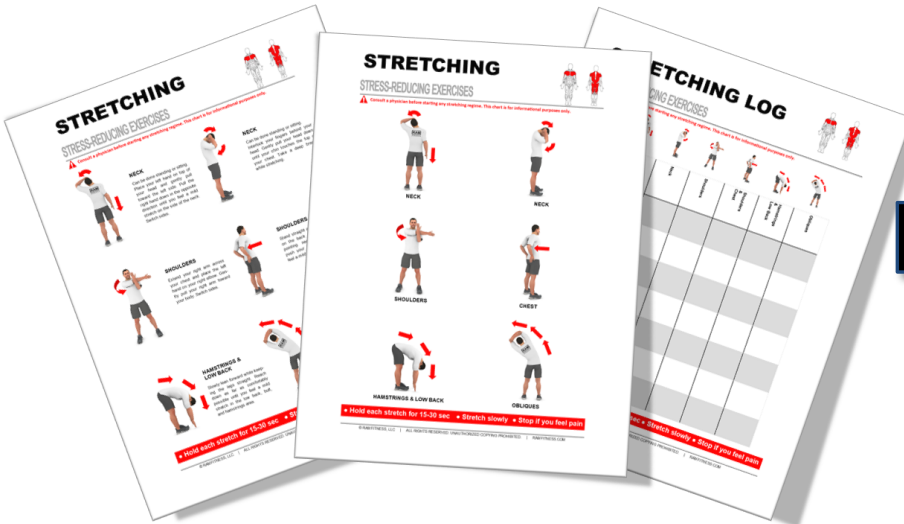
HAMSTRINGS & LOW BACK



OBLIQUES

- 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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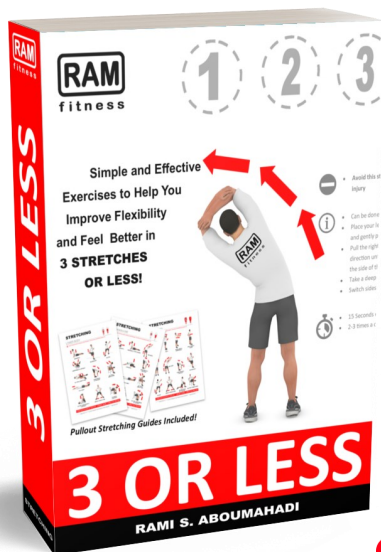
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