

STRETCHING

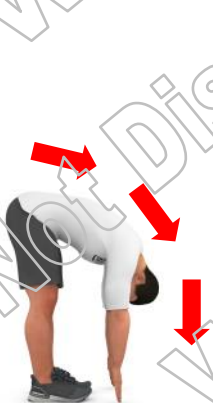


BACK

⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



UPPER BACK & SHOULDERS



LOW BACK & HAMSTRINGS



LATS



LOW BACK & GLUTES



LOW BACK & HAMSTRINGS



BACK & LATS



BACK & LATS



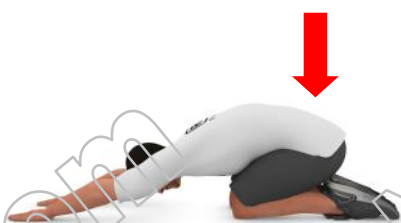
LOW BACK & HAMSTRINGS



LOW BACK & HAMSTRINGS



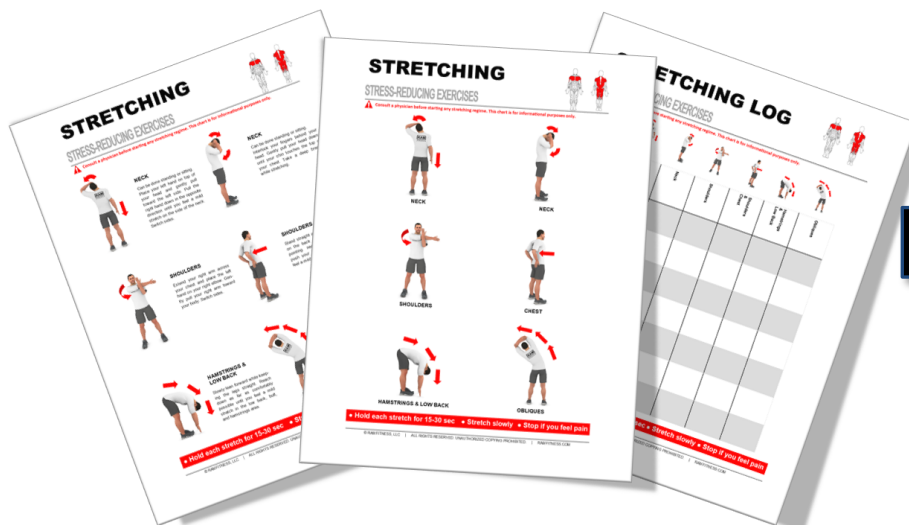
LOW BACK & HAMSTRINGS



LOW BACK

• 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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