

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



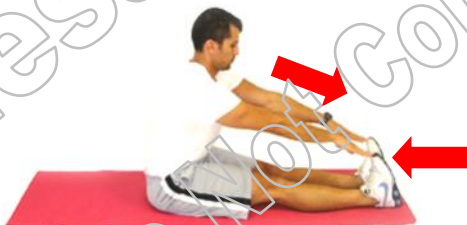
LOW BACK & HAMSTRINGS



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



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