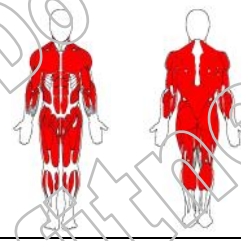


# STRETCHING

## BEDTIME



NECK



FULL BODY



GLUTES & ABDUCTORS



HAMSTRINGS & LOW BACK



QUADRECEPS



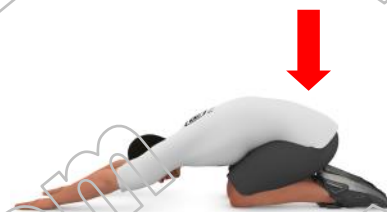
GROIN & ADDUCTORS



HAMSTRINGS & LOW BACK



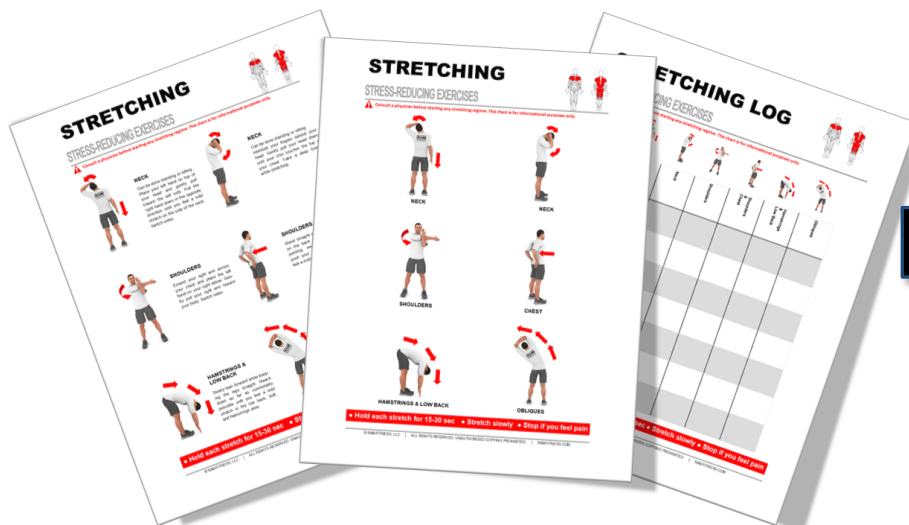
ABDOMINAL & HIP FLEXORS



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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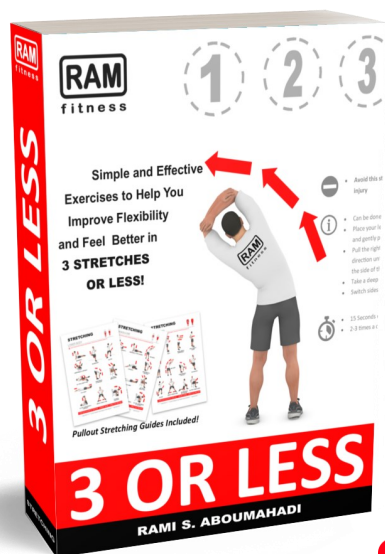
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