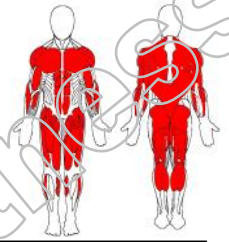


STRETCHING

CARDIAC REHAB



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



NECK



SHOULDERS



UPPER BACK & SHOULDERS



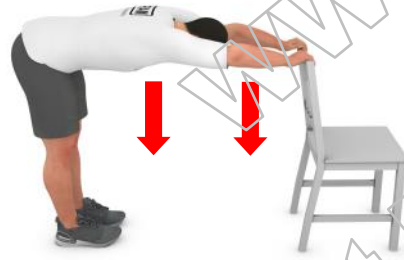
SHOULDERS & CHEST



TRICEPS



BICEPS & FOREARMS



BACK & LATS



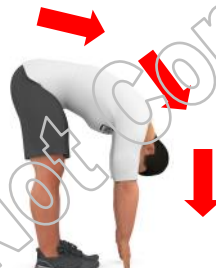
LATS / FULL BODY



OBLIQUES



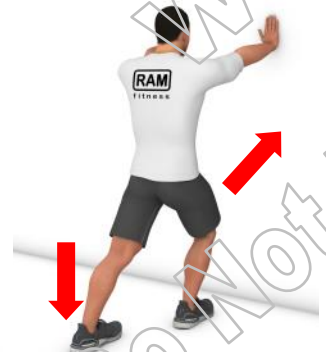
QUADRICEPS



LOW BACK & HAMSTRINGS



GROIN



CALVES

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

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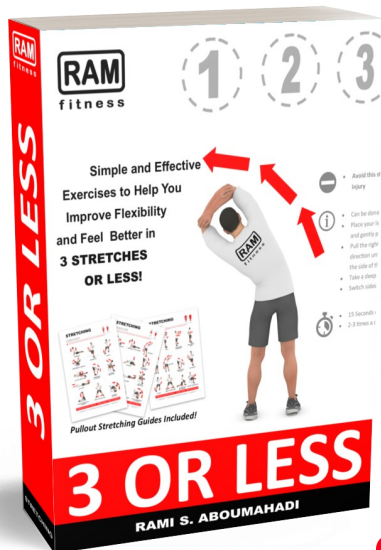
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