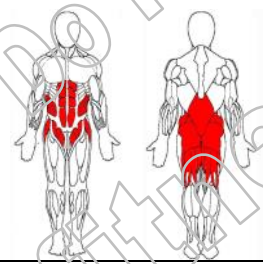


STRETCHING

LOW BACK & CORE



HAMSTRINGS & LOW BACK



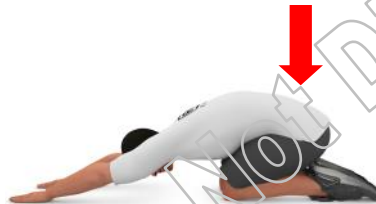
ABDOMINAL & HIP FLEXORS



OBLIQUES



HAMSTRINGS & LOW BACK



LOW BACK



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



FULL BODY



GLUTES & ABDUCTORS



CALVES, HAMSTRINGS &



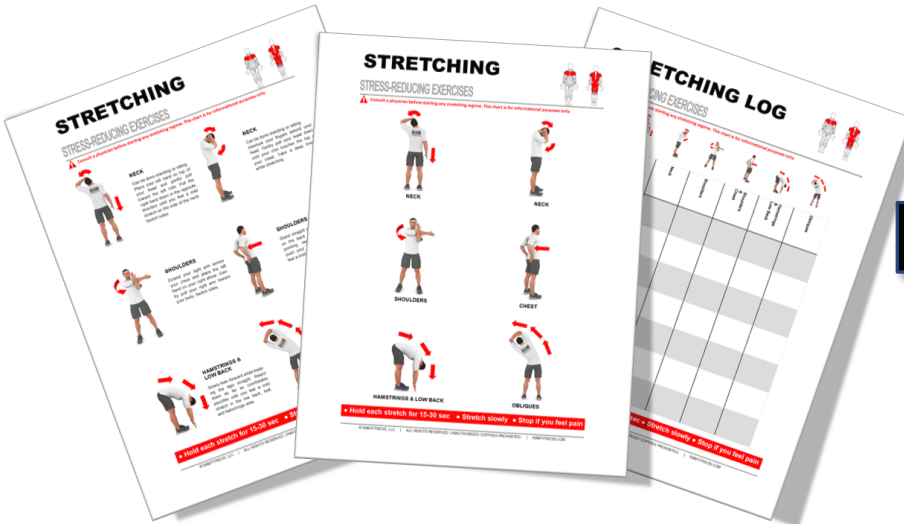
HAMSTRINGS & LOW BACK



GLUTES, HAMSTRINGS

• 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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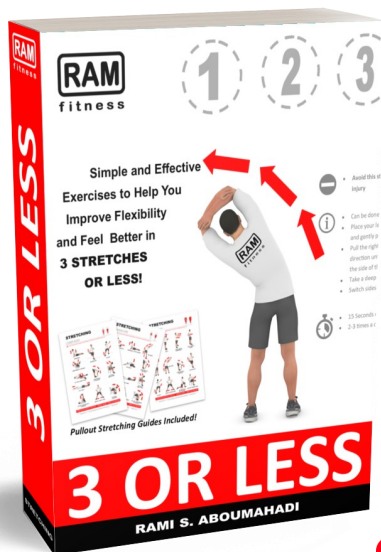
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