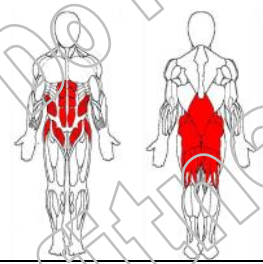
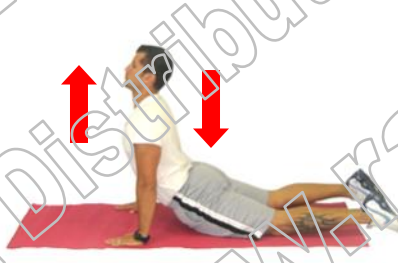


STRETCHING

LOW BACK & CORE



HAMSTRINGS & LOW BACK



ABDOMINAL & HIP FLEXORS



OBLIQUES



HAMSTRINGS & LOW BACK



LOW BACK



HAMSTRINGS & LOW BACK



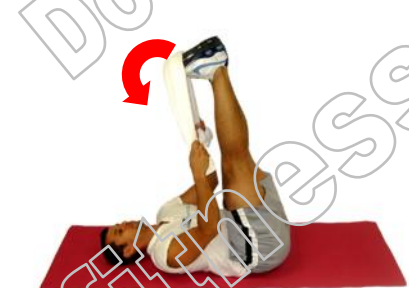
GLUTEAL & ABDUCTORS



FULL BODY



GLUTEAL & ABDUCTORS



CALVES, HAMSTRINGS & LOW BACK



CALVES, HAMSTRINGS & LOW BACK



GLUTEAL & LOW BACK

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



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