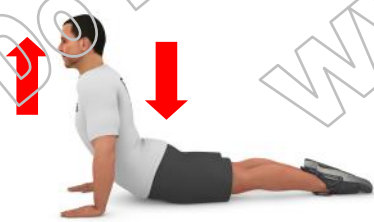
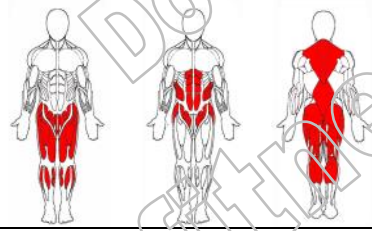


STRETCHING

MAT



ABDOMINAL & HIP FLEXORS



LOW BACK



QUADRECIPIPS



FULL BODY



GLUTES & ABDUCTORS



NECK



HAMSTRINGS & LOW BACK



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GROIN & ADDUCTOS



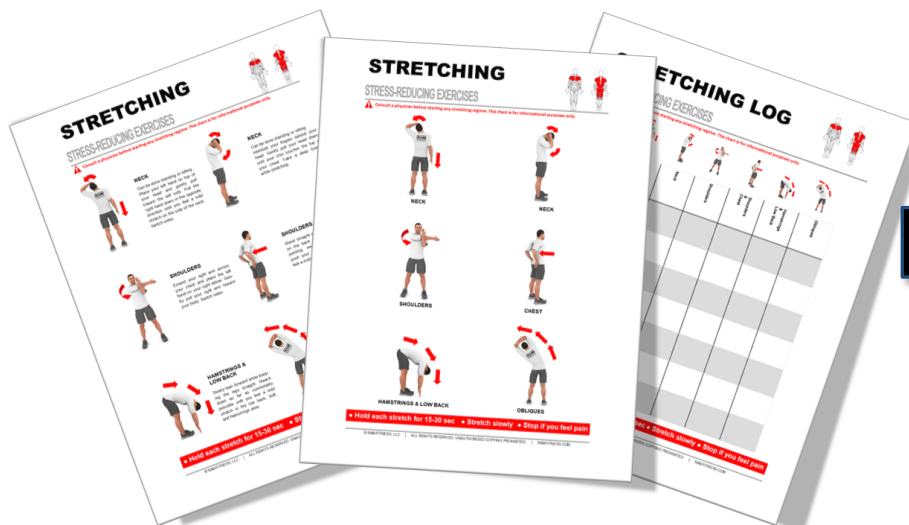
GROIN



GROIN, HAMSTRINGS

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

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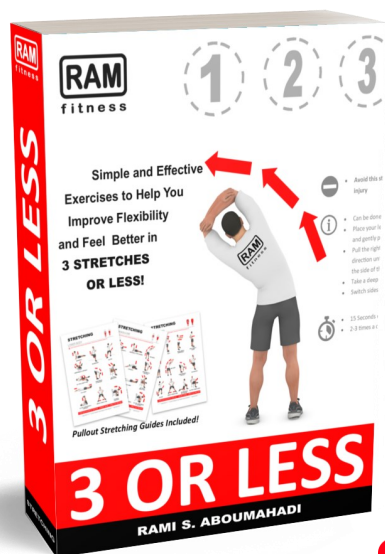
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