

STRETCHING MAT



ABDOMINAL & HIP FLEXORS



LOW BACK



QUADRICEPS



FULL BODY



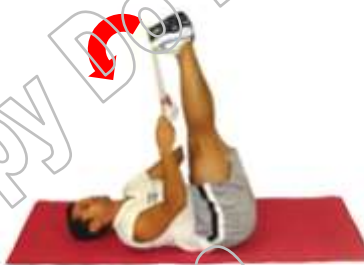
GLUTEAL & ABDUCTORS



NECK



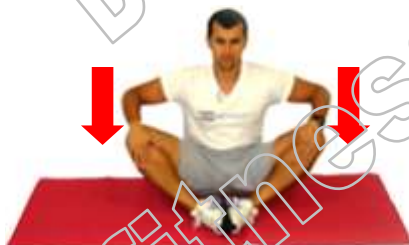
HAMSTRINGS & LOW BACK



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GROIN & ADDUCTOS



WALL

GROIN



GROIN, HAMSTRINGS & LOW BACK



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



Buy a Print License and get the following:

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- Weekly training log to help user stay on track
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