

STRETCHING

NECK & BACK



NECK



NECK



NECK &
UPPER BACK



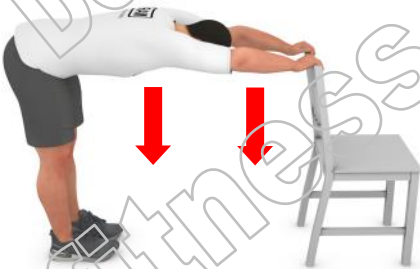
SHOULDERS* &
UPPER BACK



SHOULDERS*



LATS



BACK & LATS



BACK & LATS

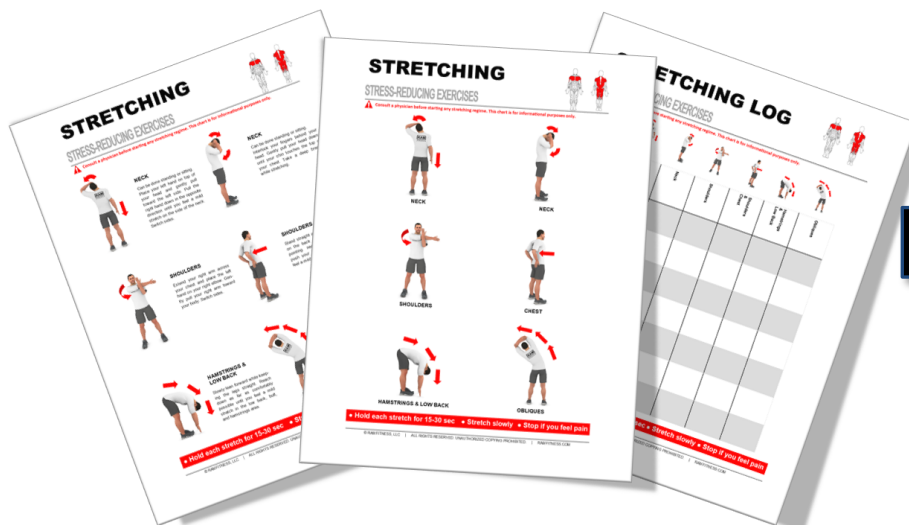


NECK &
UPPER BACK

* Shoulders mentioned in this guide all refer to the upper back area (Rear Deltoids)
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• 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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