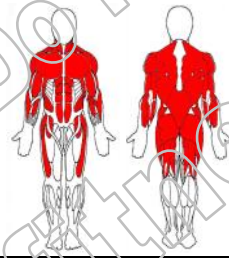


STRETCHING

OFFICE



GLUTES & LOW BACK



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



BICEPS & FOREARMS



BACK & LATS



OBLIQUES



SHOULDERS & UPPER BACK



NECK



TRICEPS



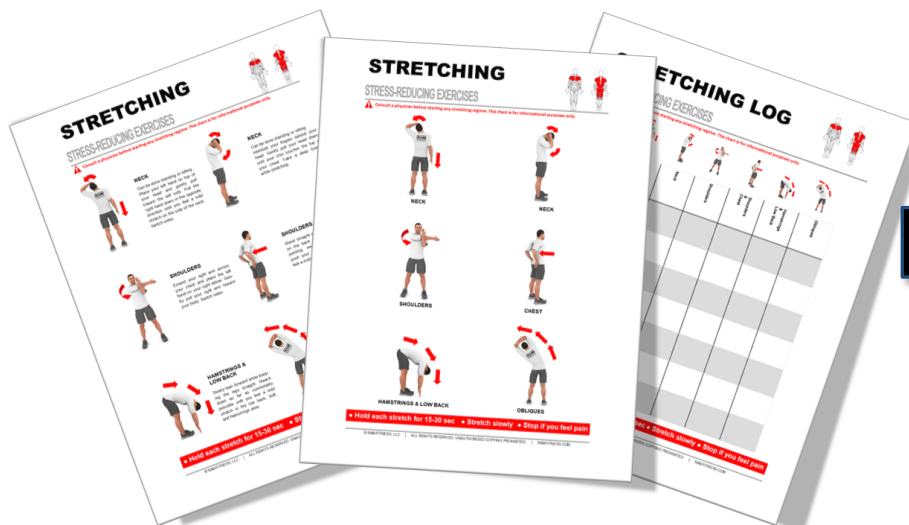
SHOULDERS & CHEST



FULL BODY

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

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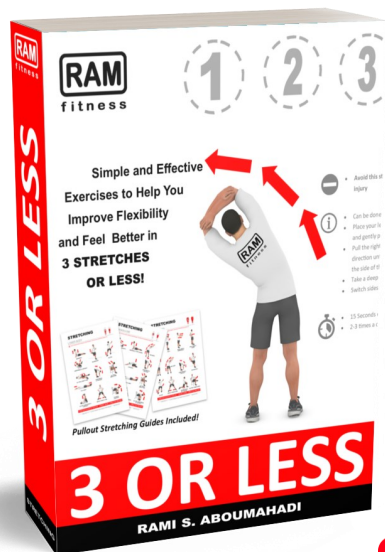
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