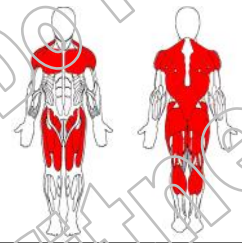


STRETCHING

OLDER ADULTS



GLUTES & LOW BACK



GLUTES & ABDUCTORS



BACK & HAMSTRINGS



QUADRICEPS



CALVES



NECK



SHOULDERS & UPPER BACK



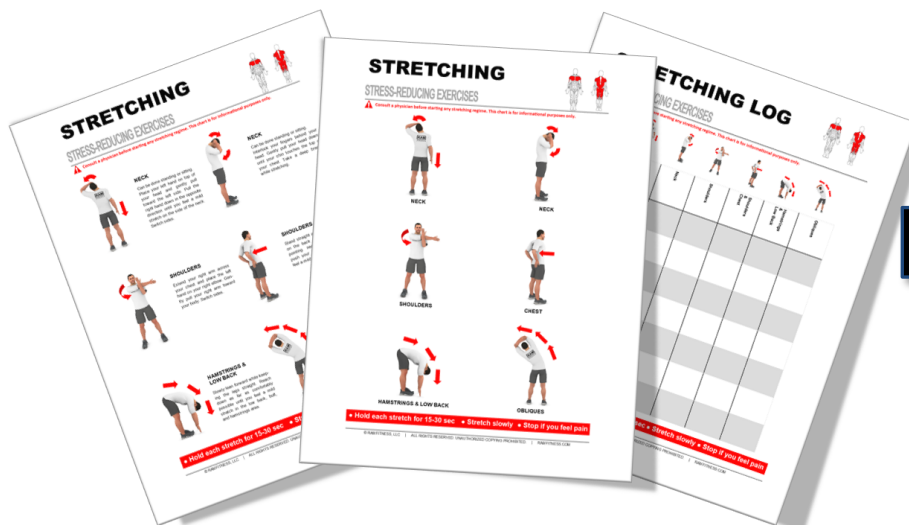
SHOULDERS & CHEST



FULL BODY

- 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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