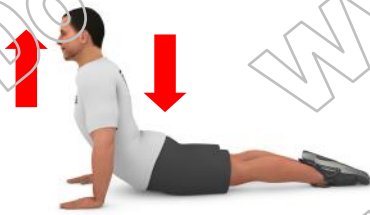
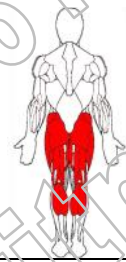




For relief of sciatic nerve pain  
caused by tight muscles in the hips  
and low back area **ONLY**.

# STRETCHING

## SCIATICA RELIEF



**ABDOMINAL & HIP FLEXORS**



**LOW BACK**



**GLUTES & ABDUCTORS**



**HAMSTRINGS & LOW BACK**



**HAMSTRINGS & LOW BACK**



**FULL BODY**



**CALVES, HAMSTRINGS & LOW BACK**



**HAMSTRINGS & LOW BACK**



**HAMSTRINGS & LOW BACK**



**GLUTES & LOW BACK**



**GLUTES & ABDUCTORS**



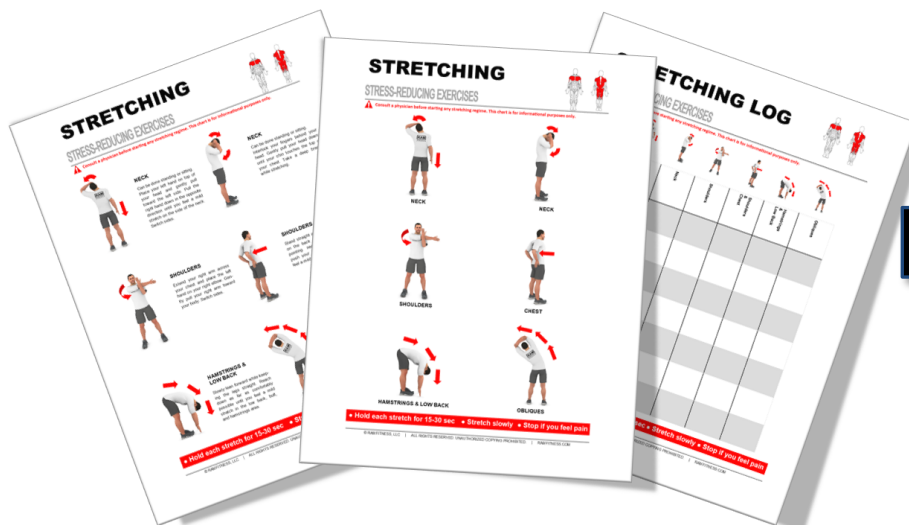
**GLUTES & ABDUCTORS**



**GLUTES & ABDUCTORS**

• 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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