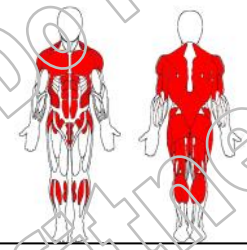


# STRETCHING

## SWIMMING



LATS



OBLIQUES & TRICEPS



SHOULDERS & UPPER BACK



FULL BODY



GLUTES & ABDUCTORS



SHOULDERS



NECK



SHOULDERS & CHEST



ABDOMINAL



LOW BACK



CALVES



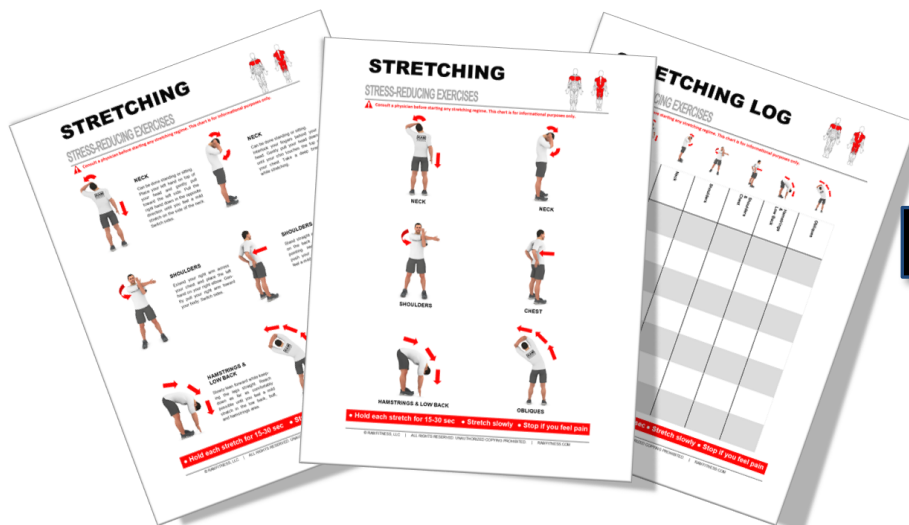
HIP FLEXORS



GROIN

- 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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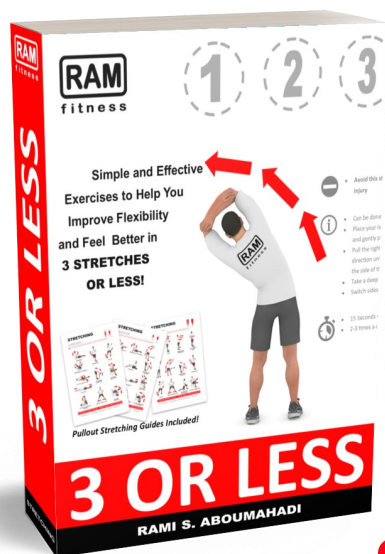
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