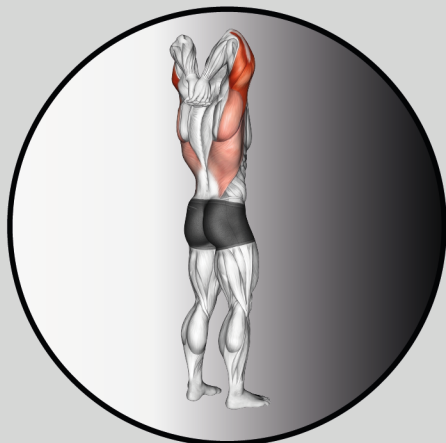


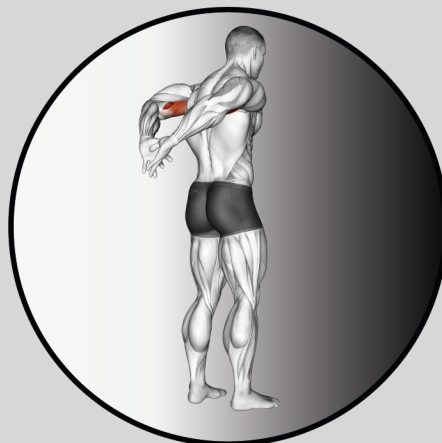
STATIC STRETCHES

O R I G Y M

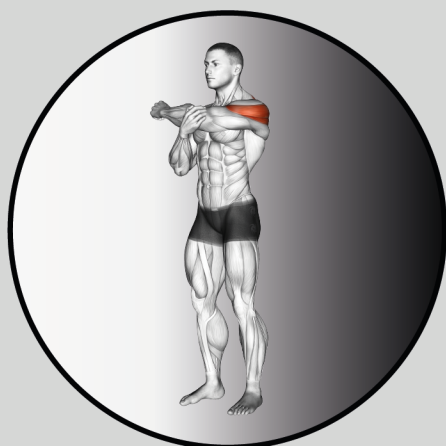
UPPER BODY



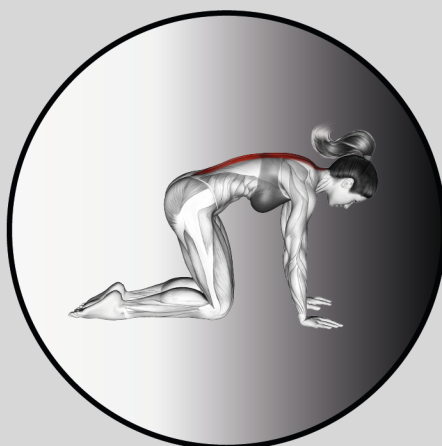
TRICEP STRETCH



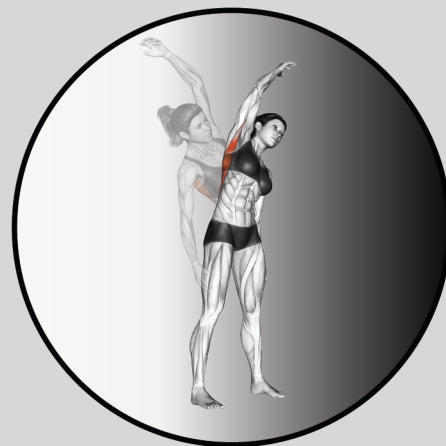
BICEP STRETCH



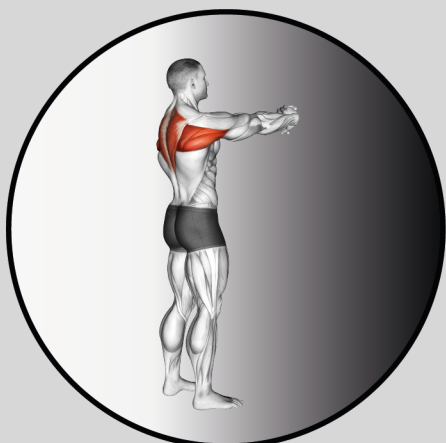
DELTOID STRETCH



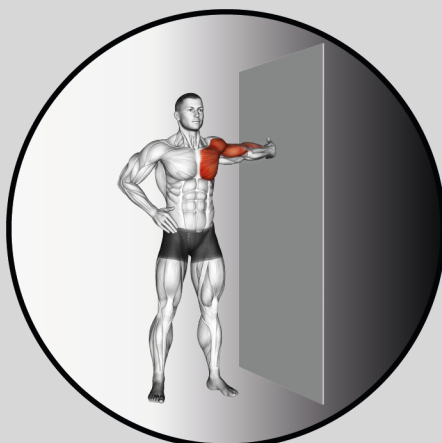
ERECTOR SPINAE STRETCH



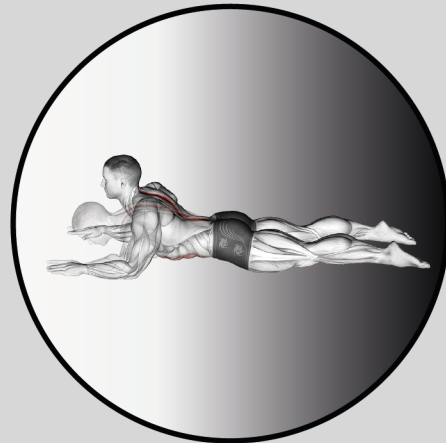
LATISSIMUS DORSI STRETCH



TRAPEZIUS AND RHOMBOID STRETCH



PECTORAL STRETCH



ABDOMINAL STRETCH

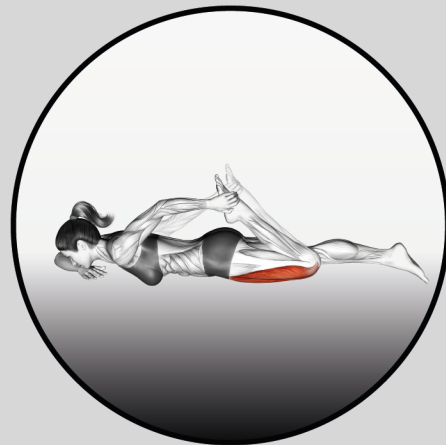
STATIC STRETCHES

O R I G Y M

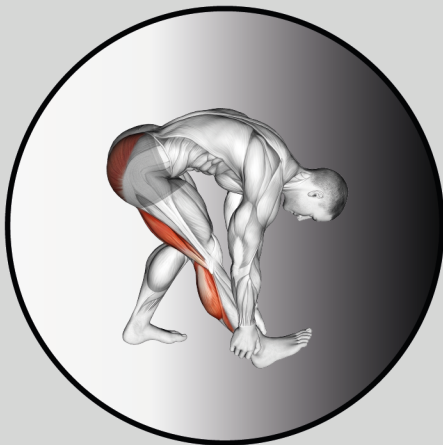
LOWER BODY



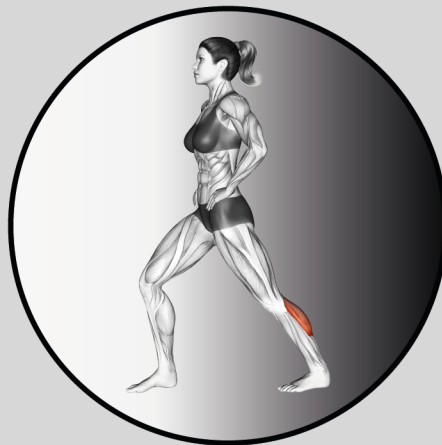
HIP FLEXOR STRETCH



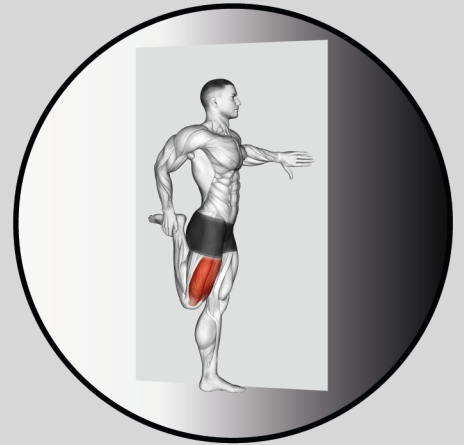
LYING QUADRICEP STRETCH



STANDING HAMSTRING STRETCH



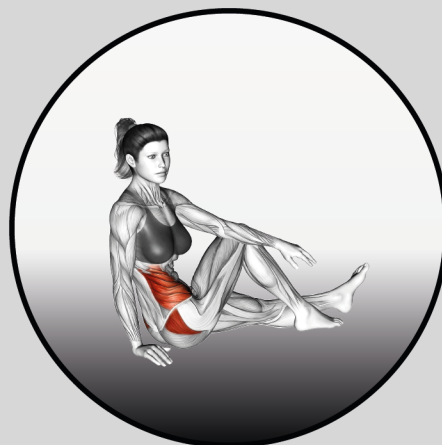
GASTROCNEMIUS STRETCH



STANDING QUADRICEP STRETCH



GLUTEAL STRETCH



OBLIQUE AND ADDUCTOR STRETCH



ABDUCTOR STRETCH