

STATIC STRETCHES

UPPER BODY



Tricep Stretch



Bicep Stretch



Deltoid Stretch



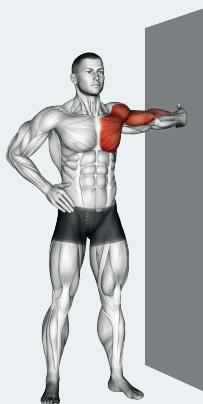
Erector Spinae Stretch



Latissimus Dorsi Stretch



Trapezius and Rhomboid Stretch



Pectoral Stretch



Abdominal Stretch