

STATIC STRETCHES

UPPER BODY



Tricep Stretch



Bicep Stretch



Deltoid Stretch



Erector Spinae Stretch



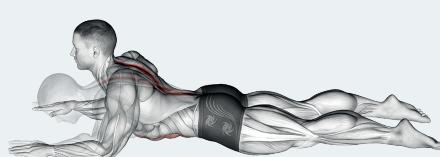
Latissimus Dorsi Stretch



Trapezius and Rhomboid Stretch



Pectoral Stretch



Abdominal Stretch