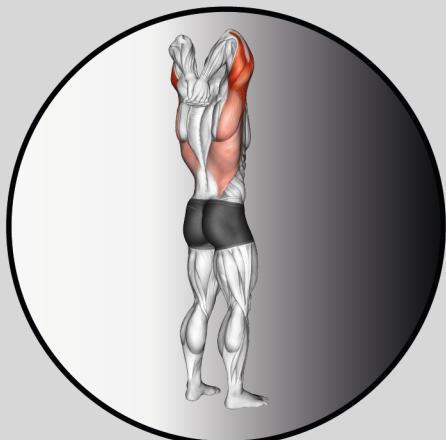
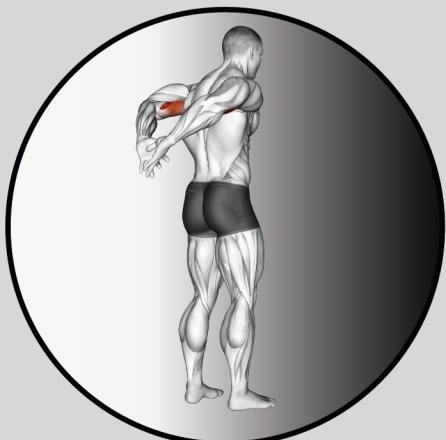


STATIC STRETCHES

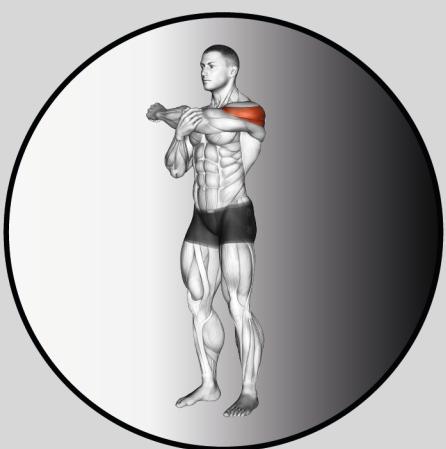
UPPER BODY



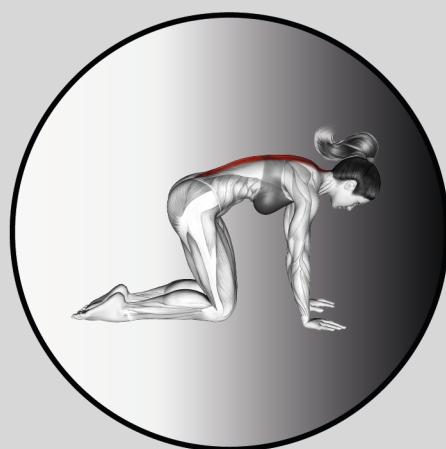
TRICEP STRETCH



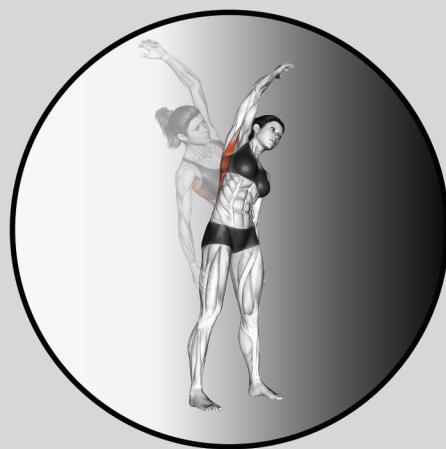
BICEP STRETCH



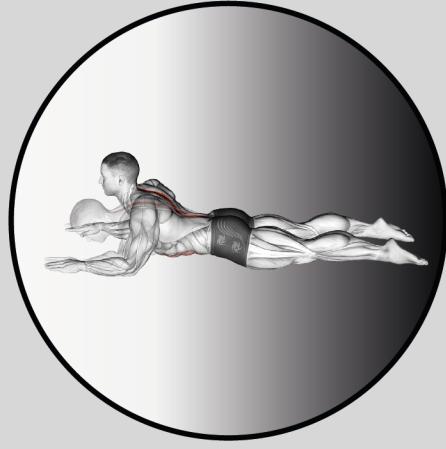
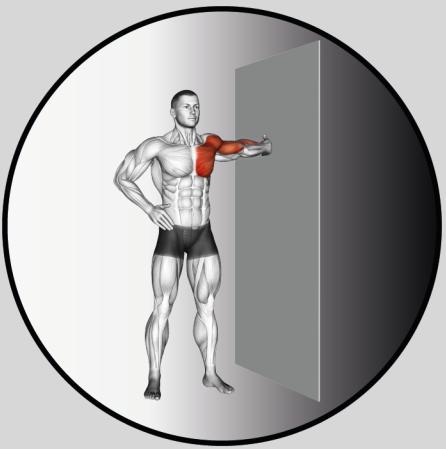
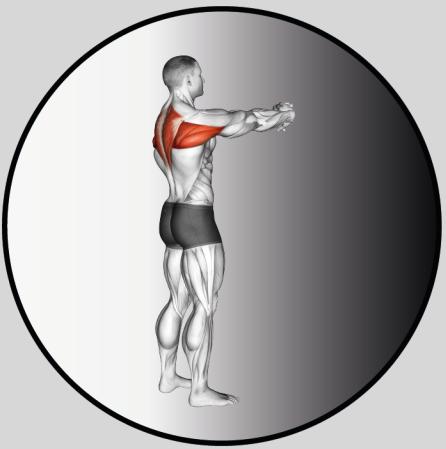
DELTOID STRETCH



ERECTOR SPINAE STRETCH



LATISSIMUS DORSI STRETCH



TRAPEZIUS AND RHOMBOID STRETCH

PECTORAL STRETCH

ABDOMINAL STRETCH

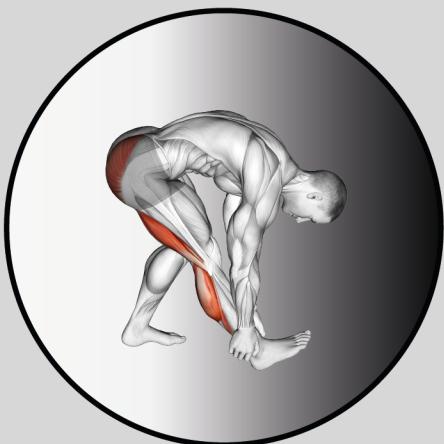
STATIC STRETCHES LOWER BODY



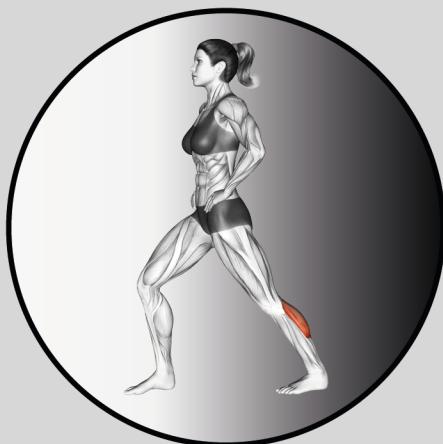
HIP FLEXOR STRETCH



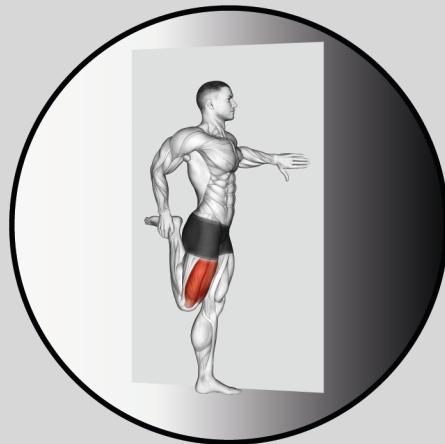
LYING QUADRICEP STRETCH



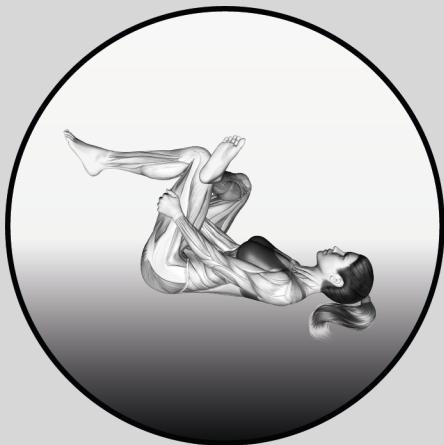
STANDING HAMSTRING STRETCH



GASTROCNEMIUS STRETCH



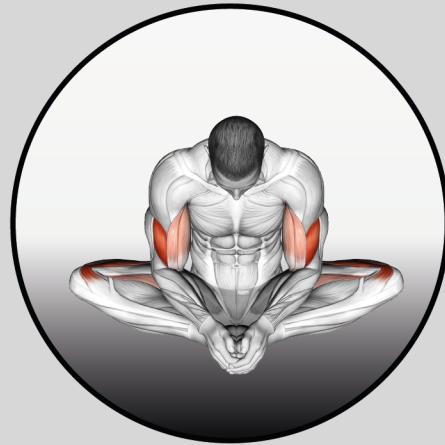
STANDING QUADRICEP STRETCH



GLUTEAL STRETCH



OBIQUE AND ADDUCTOR STRETCH



ABDUCTOR STRETCH