

## Sheet1

Lift	Reps	Time(s)
Hamstrings Seated (Body Curl)		
Cross Glute Stretch		
Wide Hamstring Stretch		
Hip Flexor Stretch		
On-wall Pec Stretch		
Hamstring Back Extension		
Straight Arm Pulldown		
Stick Raises		
Stick Squat		
Stick Behind Neck		

After each lifting day! 4 by 4 breaths, stretch sequentially :)

Maybe 10 sec holds?

Maybe 3 sets?