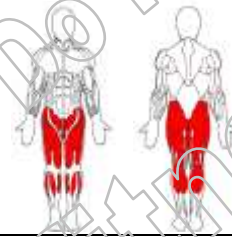


# STRETCHING

## LEGS



WALL

**QUADRICEPS**



**GLUTES & HAMSTRINGS**



**CALVES & HAMSTRINGS**



**HIP FLEXORS**



**GLUTES & ABDUCTORS**

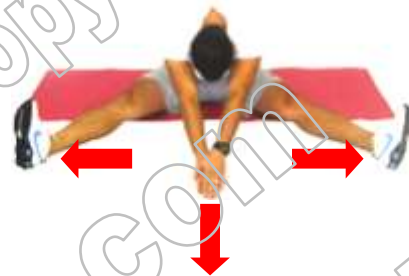


WALL

**GROIN & ADDUCTORS**



**GLUTES & HAMSTRINGS**



**GROIN & ADDUCTORS**

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain



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