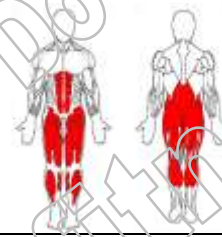


STRETCHING

LOWER BODY



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



FULL BODY



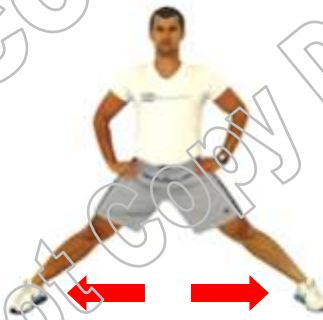
CALVES, HAMSTRINGS & LOW BACK



QUADRICEPS



HAMSTRINGS & LOW BACK



GROIN & ADDUCTORS



CALVES



GLUTEAL & ABDUCTORS



GLUTEAL & LOW BACK

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



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