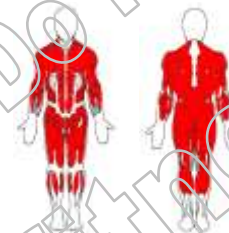


# STRETCHING

## POLICE OFFICER / FIREFIGHTER



NECK



SHOULDERS & UPPER BACK



SHOULDERS & CHEST



BICEPS & FOREARMS



WRISTS



TRICEPS



LATS & FULL BODY



HAMSTRINGS & LOW BACK



OBLIQUES



GROIN & ADDUCTORS



QUADRICEPS

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



**Buy a Print License and get the following:**

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- Remove water mark
- Detailed instructions of each exercise
- Weekly training log to help user stay on track
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