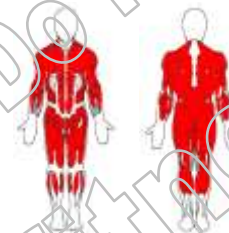


STRETCHING

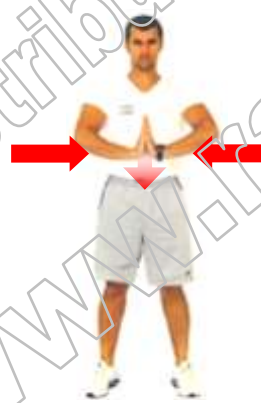
SKIING / SNOWBOARDING



SHOULDERS & CHEST



SHOULDERS



WRISTS
(For Skiing)



WRISTS (For Skiing)



CORE



OBLIQUES



LATS / FULL BODY



HAMSTRINGS & LOW BACK



QUADRICEPS



CALVES



GROIN & ADDUCTORS

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



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