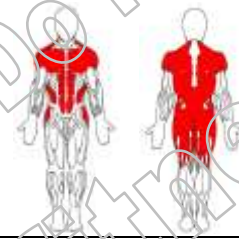


# STRETCHING

## TENNIS



NECK



NECK



SHOULDERS & CHEST



SHOULDERS



OBLIQUES



CORE



GROIN



LOW BACK, HIPS & ABDUCTORS



BACK & LATS

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