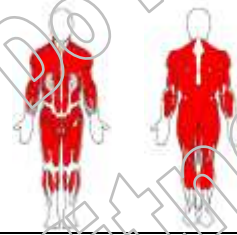


STRETCHING

TRIATHLON

S SWIMMING **C** CYCLING **R** RUNNING



NECK



SHOULDERS & CHEST



SHOULDERS



OBLIQUES



UPPER BACK



NECK & UPPER BACK



BICEPS & FOREARMS



LOW BACK, HIPS
& HAMSTRINGS



CORE



QUADRICEPS



CALVES

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



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