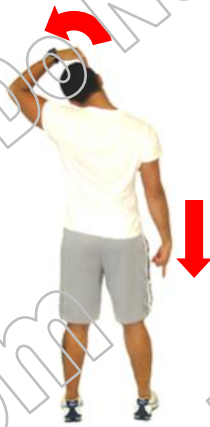
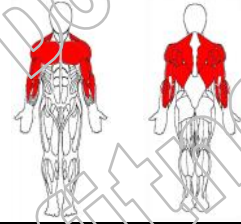


STRETCHING

UPPER BODY



NECK



SHOULDERS



SHOULDERS & RHOMBOIDS



CHEST



SHOULDERS & CHEST



TRICEPS



BICEPS & FOREARMS



BICEPS & FOREARMS



LATS



BACK & LATS



OBLIQUES

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



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