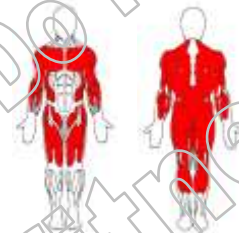


STRETCHING

WEIGHT LIFTING



SHOULDERS & CHEST



SHOULDERS & UPPER BACK



BICEPS & FOREARMS



TRICEPS



LATS / FULL BODY



HAMSTRINGS & LOW BACK



QUADRICEPS



CALVES

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



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