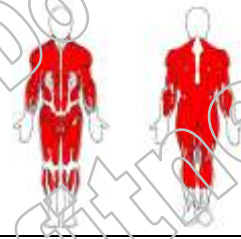


# STRETCHING

## BEDTIME



NECK



FULL BODY



GLUTES & ADDUCTORS



HAMSTRINGS & LOW BACK



QUADRECIPS



GROIN & ADDUCTORS



HAMSTRINGS & LOW BACK



ABDOMINAL & HIP FLEXORS



LOW BACK

- 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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- Remove water mark
- Detailed instructions of each exercise
- Weekly training log to help user stay on track
- One flat fee, unlimited prints!
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