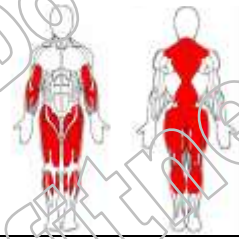


STRETCHING

CYCLING



BACK & LATS



QUADRICEPS



CALVES



BICEPS & FOREARMS



FULL BODY



NECK



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



GLUTEAL & ABDUCTORS

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



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