

STRETCHING

SWIMMING



LATS



OBLIQUES & TRICEPS



SHOULDERS & UPPER BACK



FULL BODY



GLUTES & ABDUCTORS



SHOULDERS



NECK



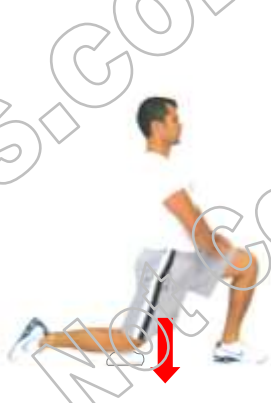
SHOULDERS & CHEST



ABDOMINAL



CALVES



HIP FLEXORS



LOW BACK



GROIN

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



Buy a Print License and get the following:

- High-resolution copy (for professional printers) of this guide
- Remove water mark
- Detailed instructions of each exercise
- Weekly training log to help user stay on track
- One flat fee, unlimited prints!
- Instant download
- And more!

Print license available at:

[RAMFITNESS.COM/PRINT-LICENSE-OPTIONS](https://www.ramfitness.com/print-license-options)