

STRETCHING

TRAVELERS



NECK



NECK



NECK & SHOULDERS



SHOULDERS & CHEST



SHOULDERS & UPPER BACK



CALVES



QUADRICEPS



FULL BODY



BACK & LATS



GLUTES, HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS

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



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- Remove water mark
- Detailed instructions of each exercise
- Weekly training log to help user stay on track
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