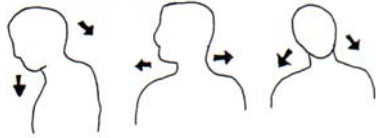


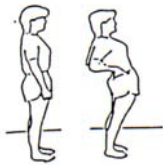
FULL BODY STRETCHES



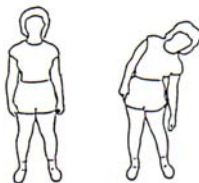
Cervical Stretch



Gluteus Stretch



Back Extension



Back Lateral Flexion



Trunk Twister



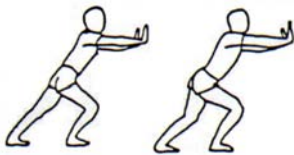
Gluteus Stretch



Low Back Twist



Prone Extension



Calf/Achilles



Groin/Butterfly



Bent Knee Hamstring



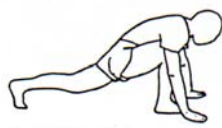
Seated Hamstring



"V" Hamstring



Standing Quad



Hip Flexor



Piriformis/Hip Rotator



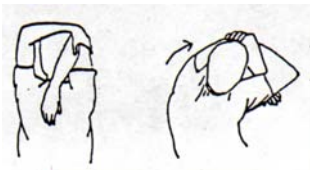
Standing IT Band



Horizontal Adduction



Chest



Triceps



Wrist Extension

*hold each stretch "static" for 10-15 seconds
*perform stretches after a 5 minute warm-up and at the end of each workout