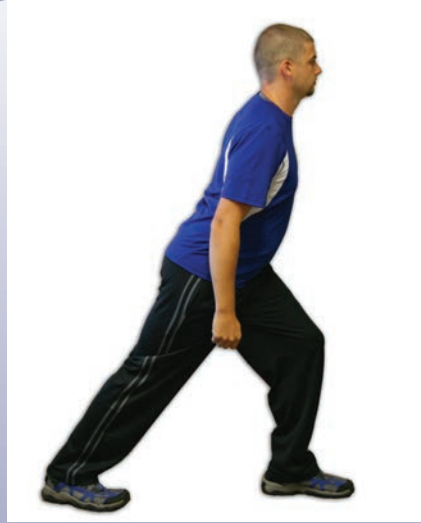




# *STRETCH & FLEX*



*HAMSTRING STRETCH*



*HIP FLEXOR STRETCH*



*ADDUCTOR STRETCH*



*GASTROC STRETCH*



*SOLEUS STRETCH*



*NECK STRETCH*



*PEC/BICEP STRETCH*



*TRAPEZIUS STRETCH*



*RHOMBOID STRETCH*



*TRICEP STRETCH*



*HANDS AND WRISTS*