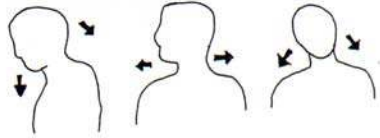


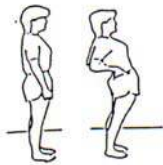
FULL BODY STRETCHES



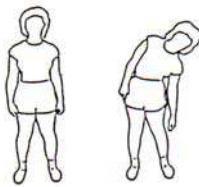
Cervical Stretch



Gluteus Stretch



Back Extension



Back Lateral Flexion



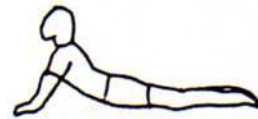
Trunk Twister



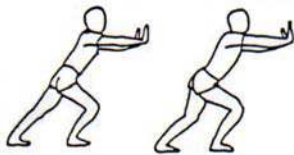
Gluteus Stretch



Low Back Twist



Prone Extension



Calf/Achilles



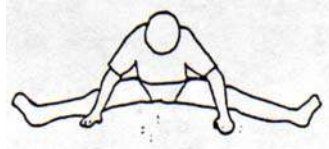
Groin/Butterfly



Bent Knee Hamstring



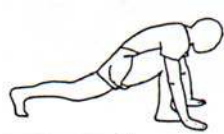
Seated Hamstring



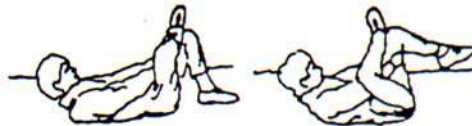
"V" Hamstring



Standing Quad



Hip Flexor



Piriformis/Hip Rotator



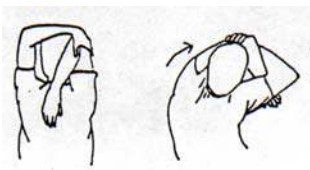
Standing IT Band



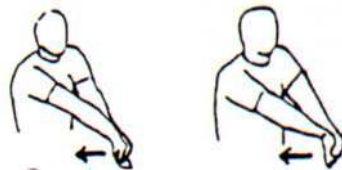
Horizontal Adduction



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