



Stretching Techniques

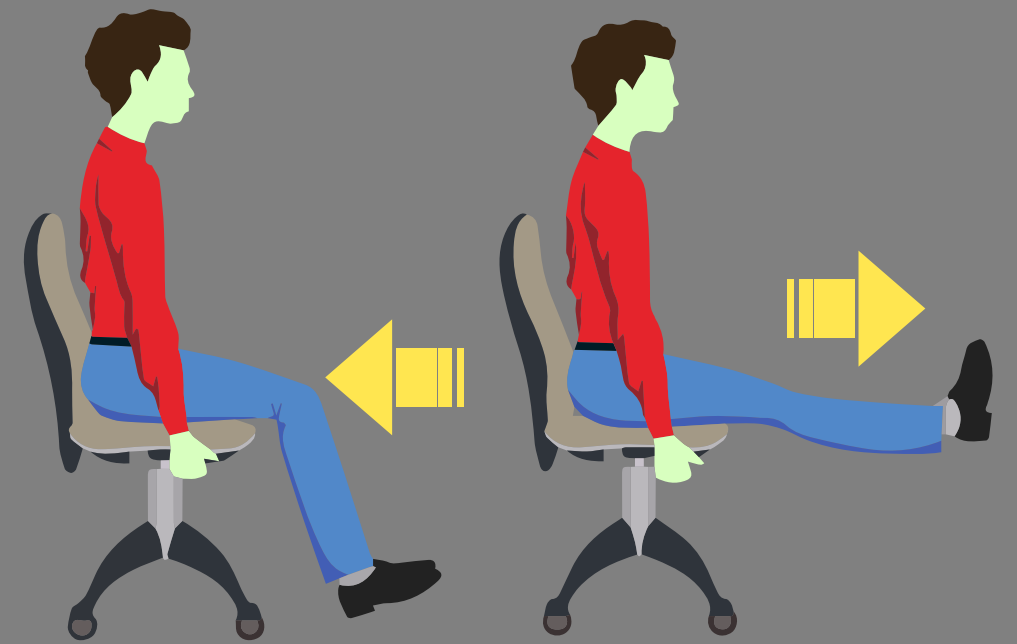
Legs



Loosen Calf Muscles



Loosen Quad Muscles

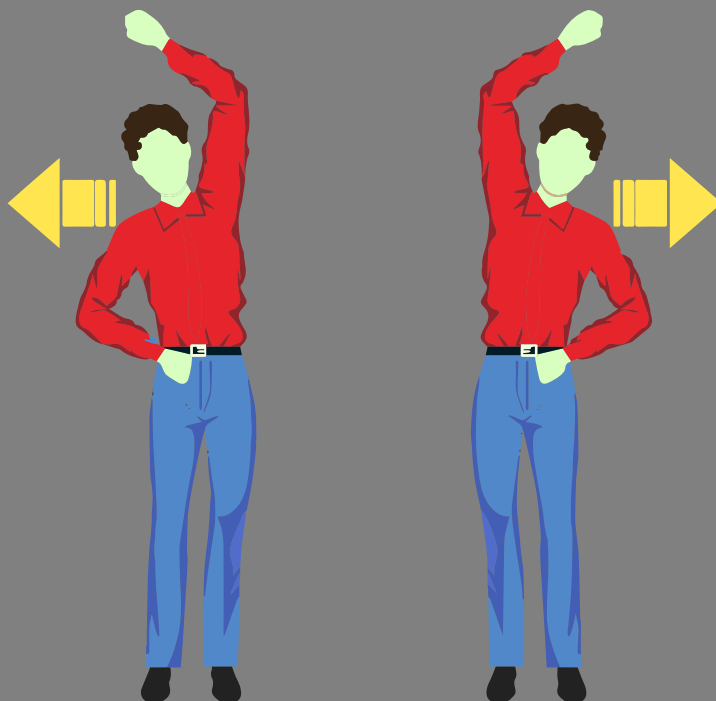


Loosen Hamstring Muscles

Back



Lower Back

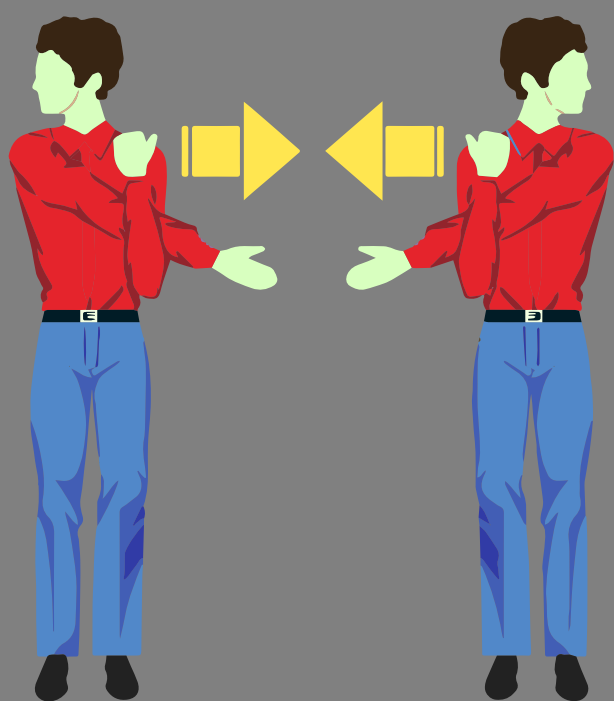


Middle Back

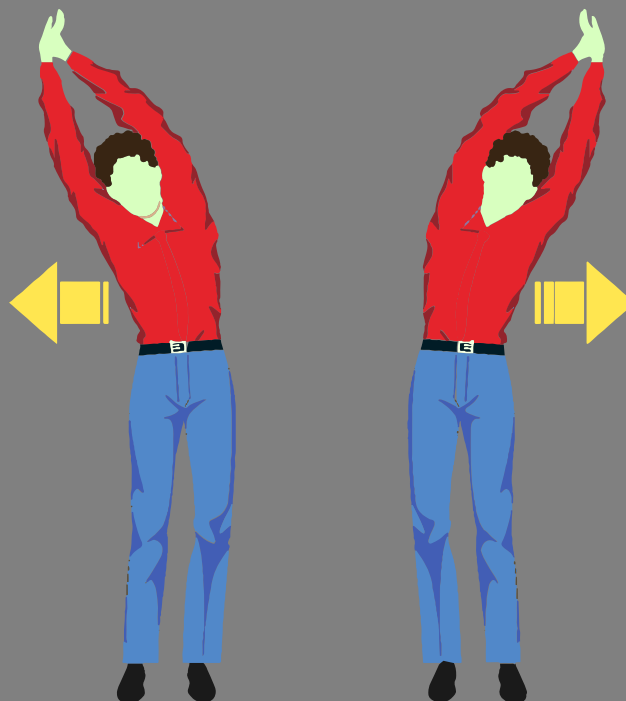


Lower & Upper Back

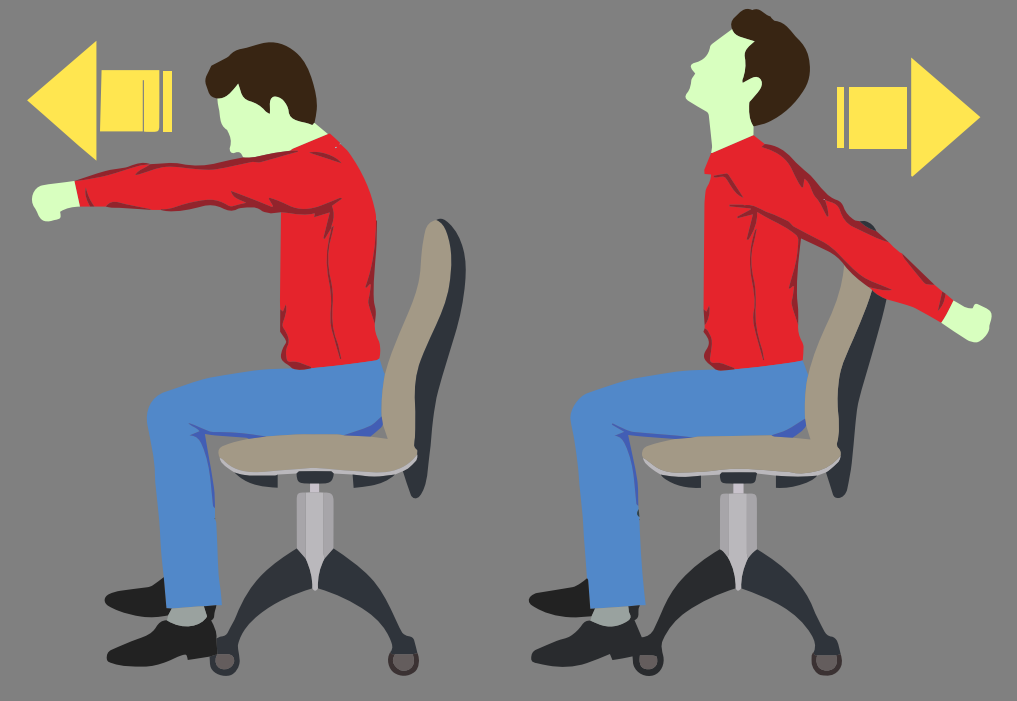
Upper Body



Triceps & Shoulders

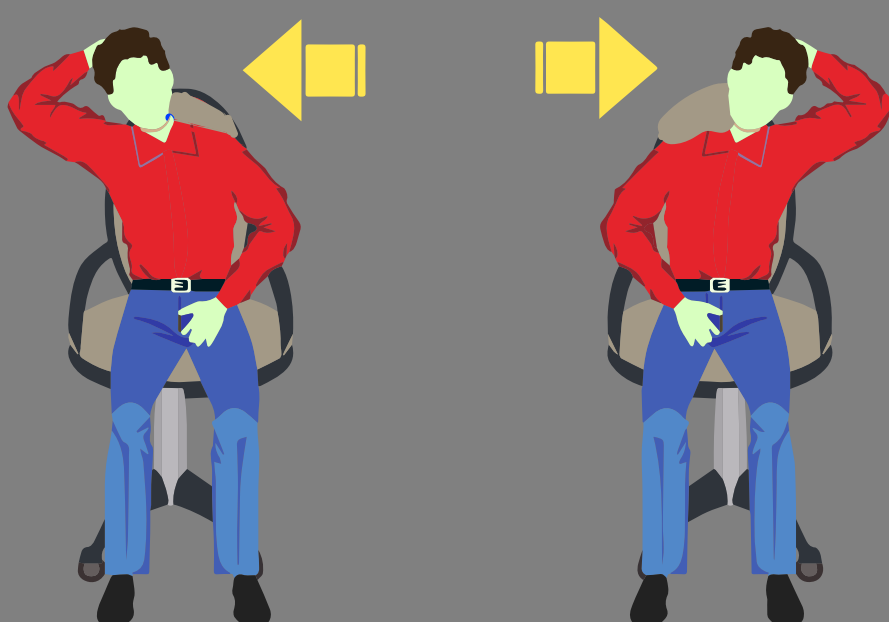


Stretch Shoulders

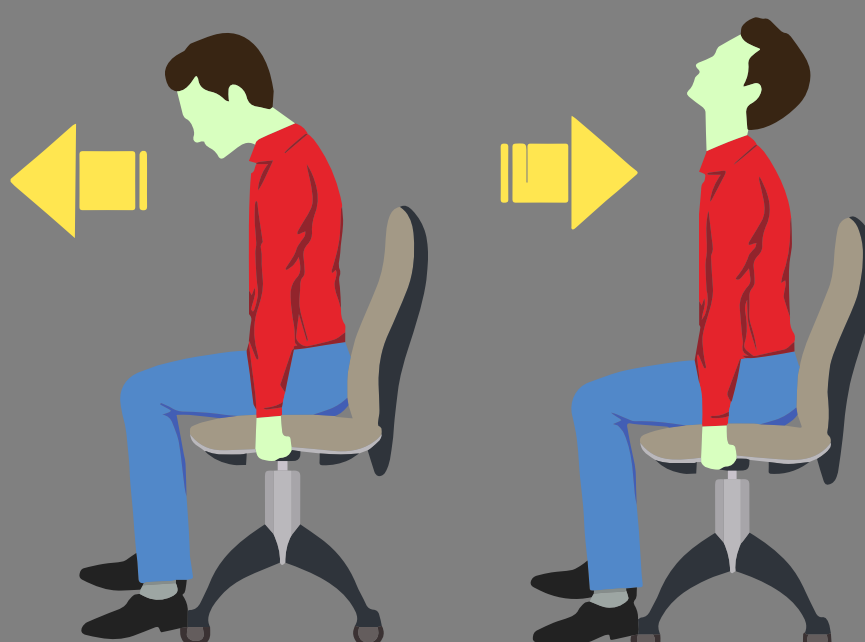


Loosen Shoulders

Neck

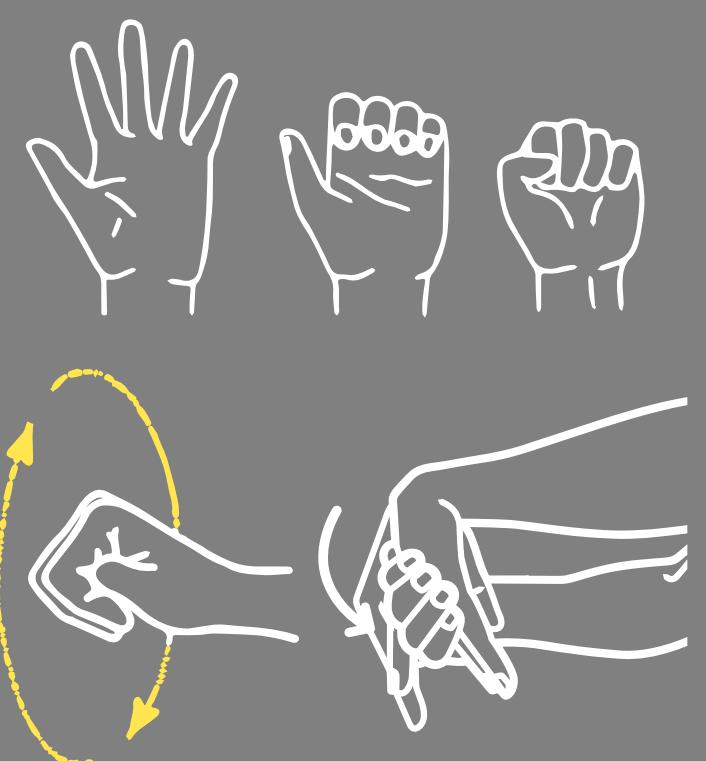


Neck Sidebend



Neck Flexion

Hands & Wrists





Stretching Techniques

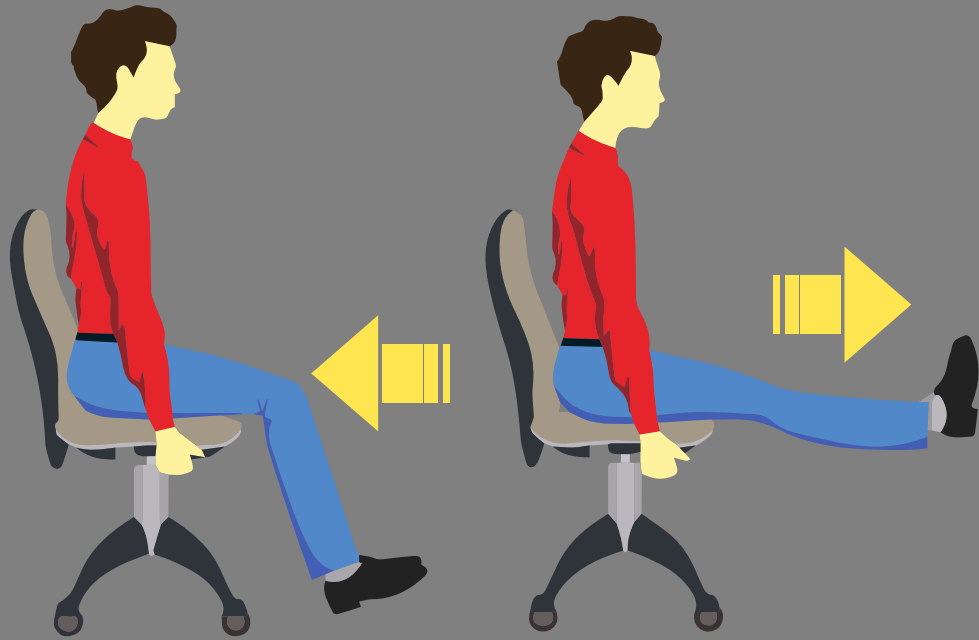
Legs



Loosen Calf Muscles



Loosen Quad Muscles



Loosen Hamstring Muscles

Back



Lower Back

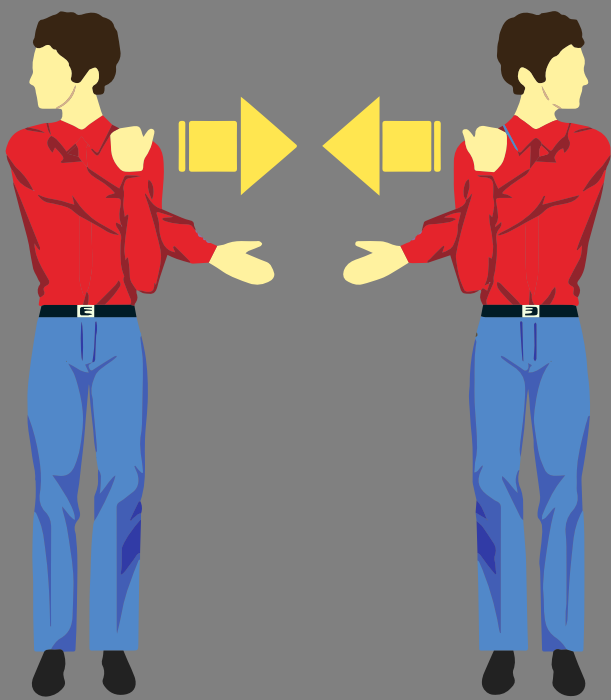


Middle Back

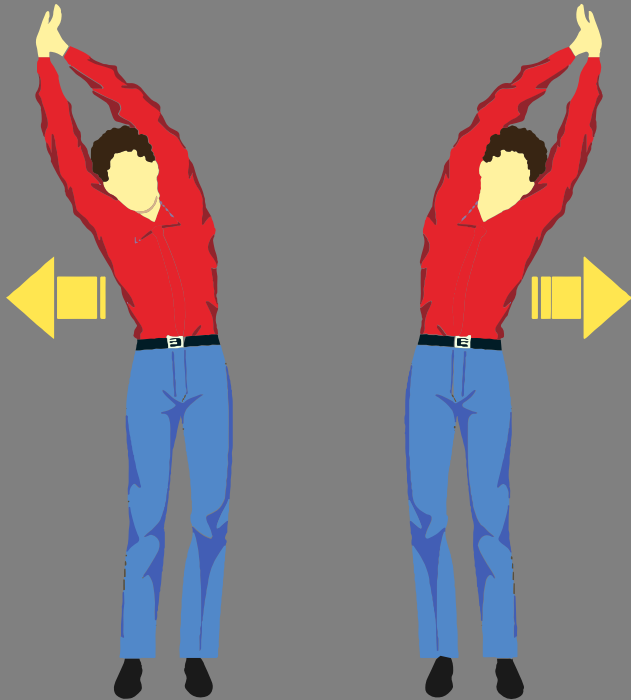


Lower & Upper Back

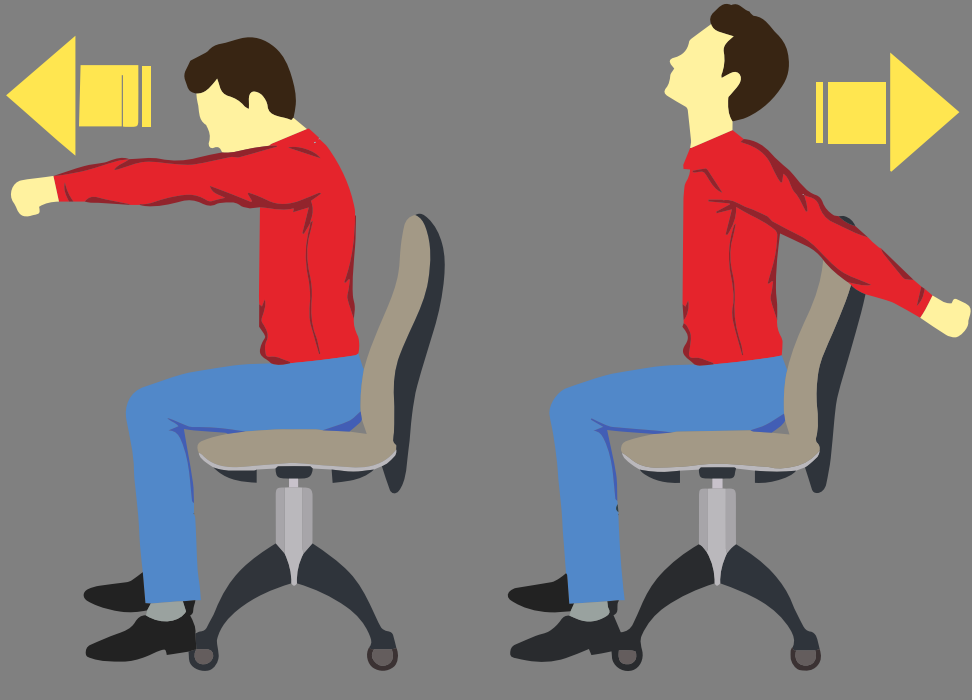
Upper Body



Triceps & Shoulders

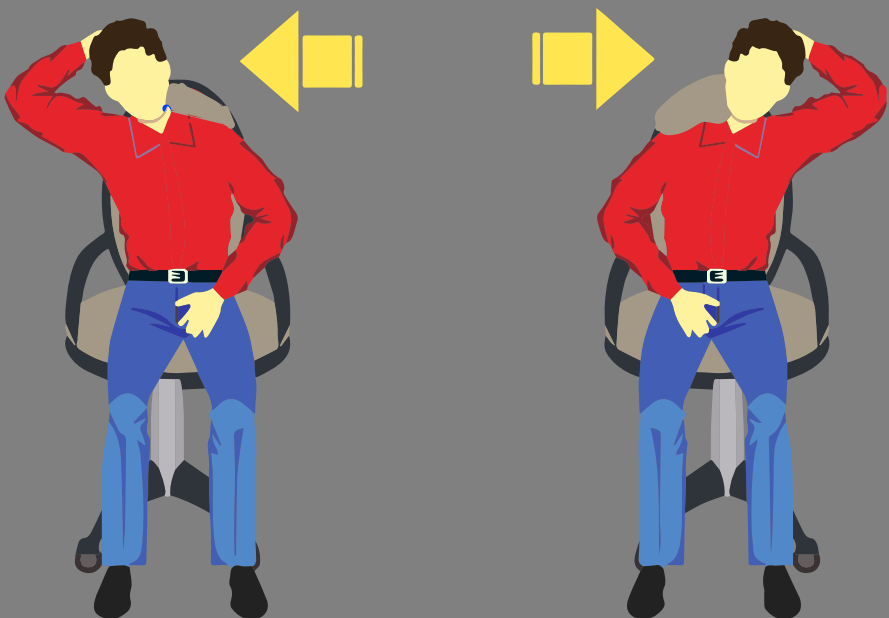


Stretch Shoulders



Loosen Shoulders

Neck



Neck Sidebend



Neck Flexion

Hands & Wrists





Stretching Techniques

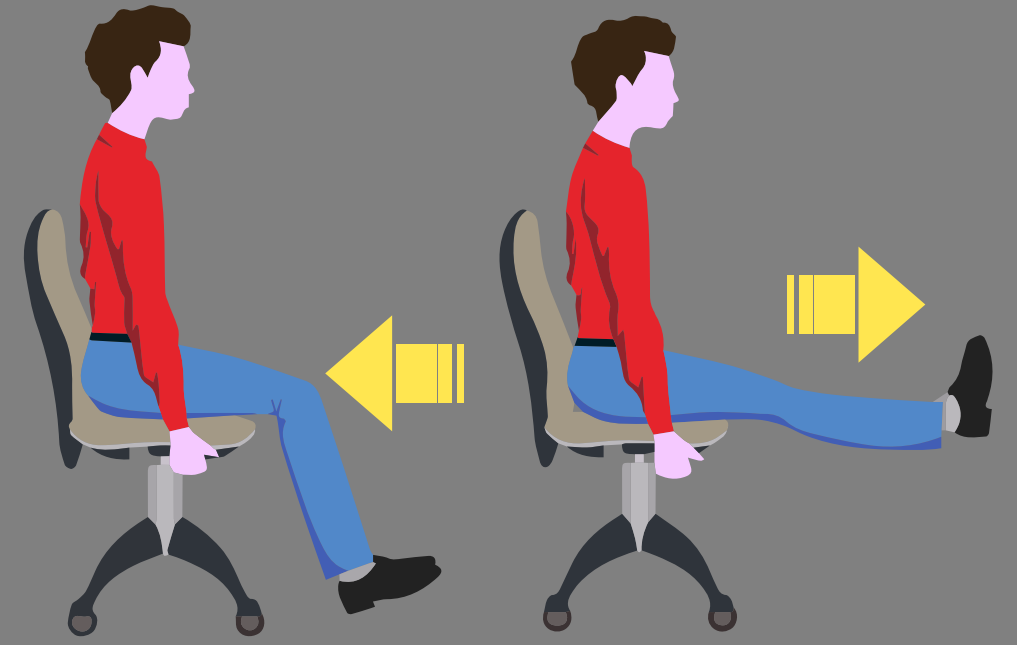
Legs



Loosen Calf Muscles



Loosen Quad Muscles

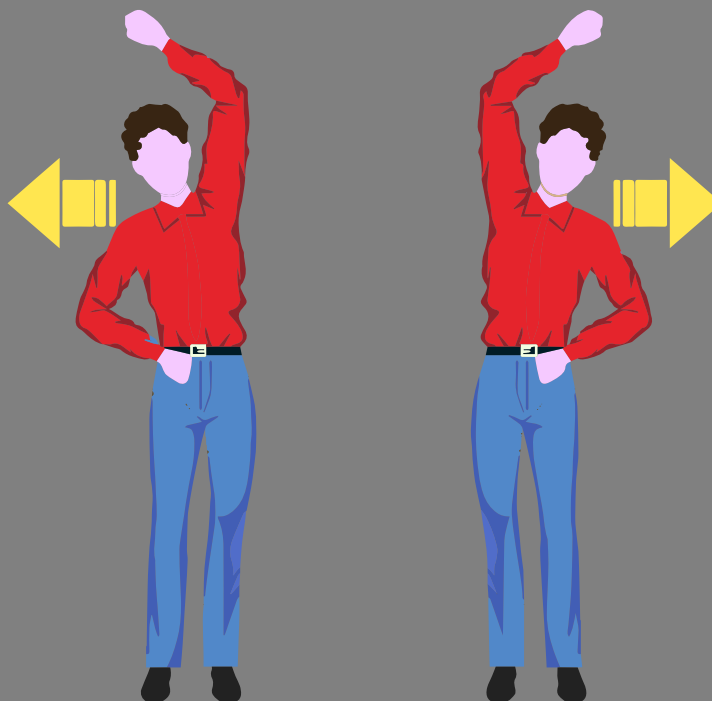


Loosen Hamstring Muscles

Back



Lower Back

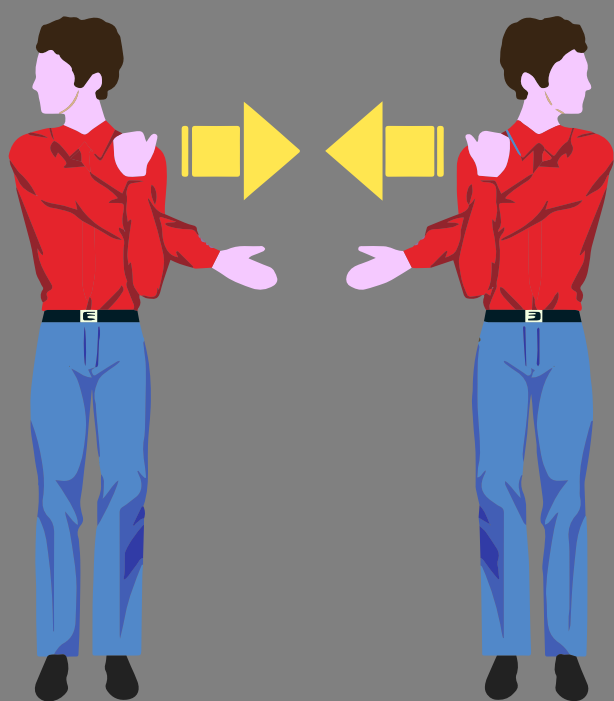


Middle Back

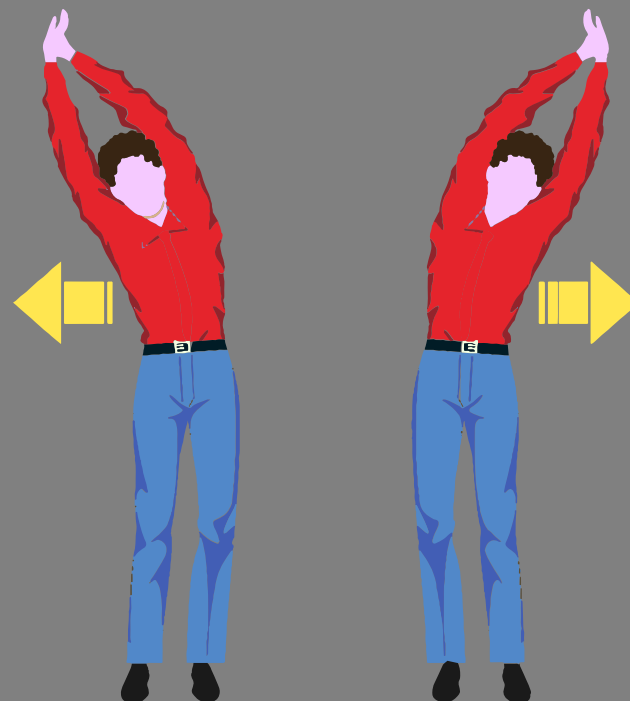


Lower & Upper Back

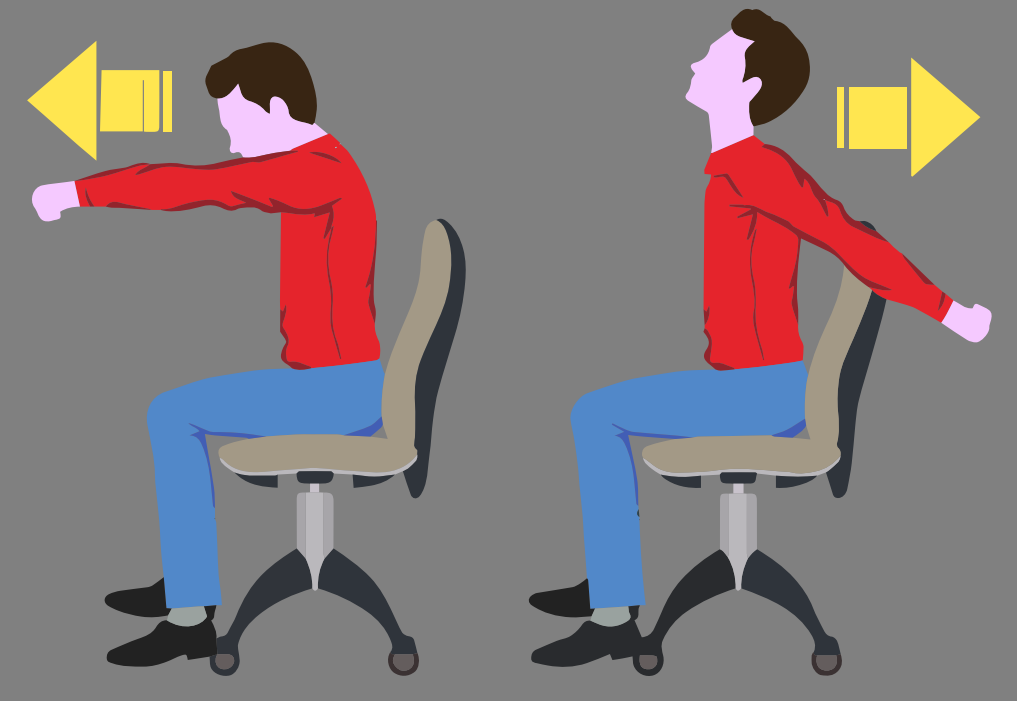
Upper Body



Triceps & Shoulders

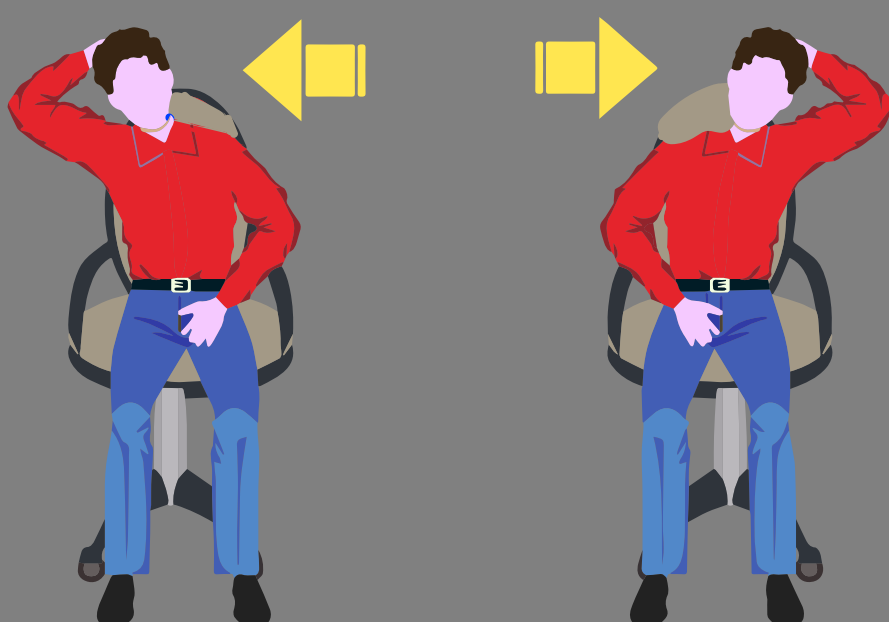


Stretch Shoulders

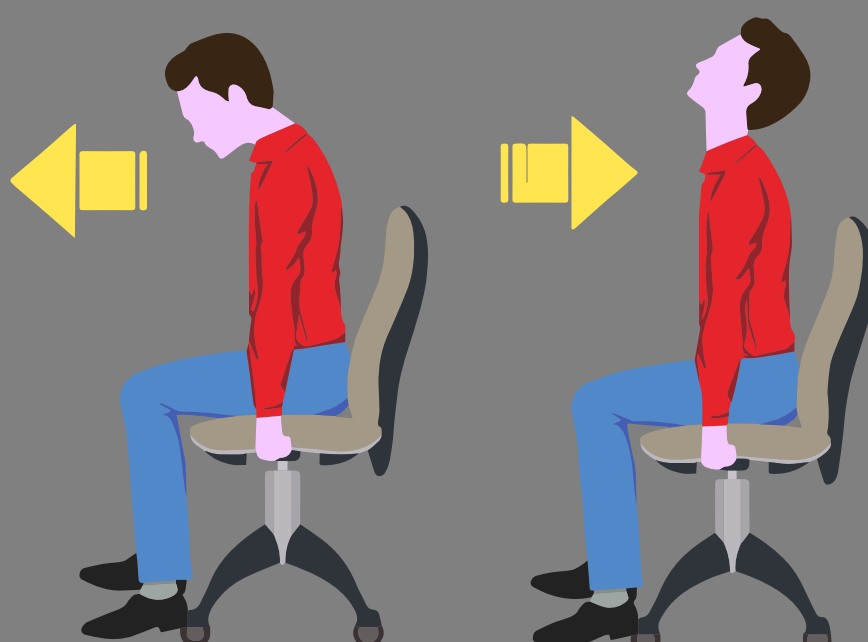


Loosen Shoulders

Neck



Neck Sidebend



Neck Flexion

Hands & Wrists

