



Stretches Guide



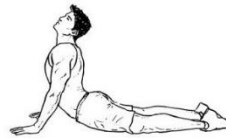
Hamstring Stretch



Butterfly Stretch



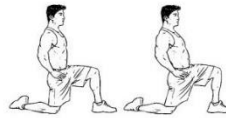
Cat Back Stretch



Cobra Abdominal Stretch /
Old Horse Stretch



Knee-to-Chest Lower Back
Stretch



Kneeling Hip Flexor Stretch



Neck Stretch



Overhead Triceps Stretch



Shoulder Stretch



Standing Quadriceps Stretch