

STRETCHING

MAT



ABDOMINAL & HIP FLEXORS



LOW BACK



QUADRECEPS



FULL BODY



GLUTES & ABDUCTORS



NECK



HAMSTRINGS & LOW BACK



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GROIN & ADDUCTOS



GROIN



GROIN, HAMSTRINGS

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

A Guide To Stretching

Michael Seilmaier



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