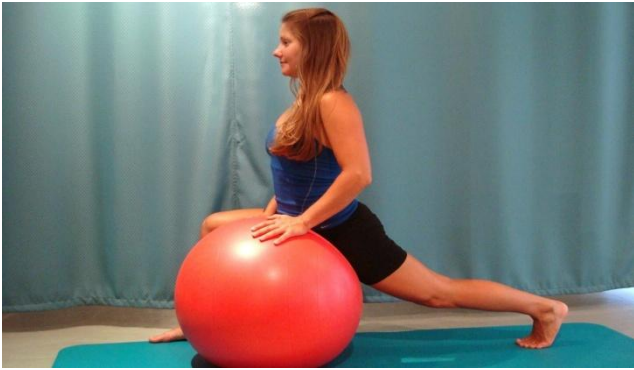


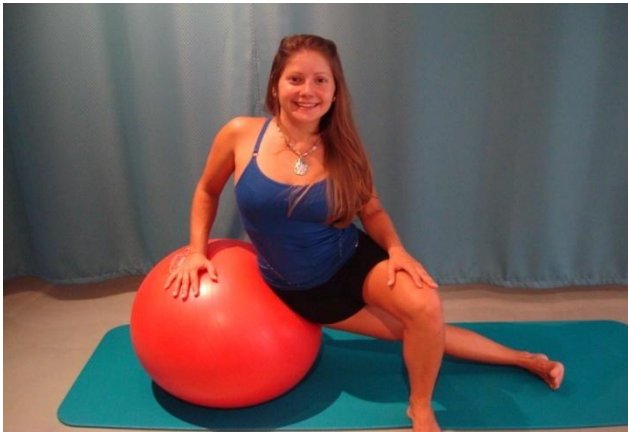
The GREAT EIGHT 10 MINUTE CORE STRETCH ROUTINE



Hip Flexors



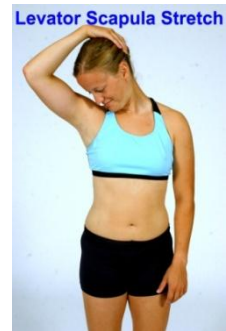
External Rotators Stretch



QL



Internal Rotator Cuff Stretch



Levator Scapula Stretch



LATS



Pec Minor



GLUTE STRETCH



Rhomboids