



Stretching: Full Body

1A) Wide Arm Chest Stretch | Reverse Butterfly > 20 seconds (See image W1:1A)

1B) Overhead Triceps Stretch > 20 seconds > each arm (See image W1:1B)

2A) Backward Camel Stretch > 20 seconds (See image W1:2A)

2B) Cobra Abdominal Stretch > 15 seconds (See image W1:2B)

3A) Knee-to-Chest Lower Back Stretch > 20 seconds > each leg (See image W1:3A)



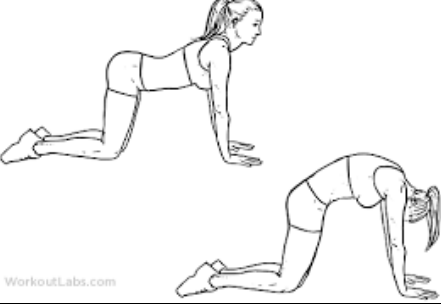
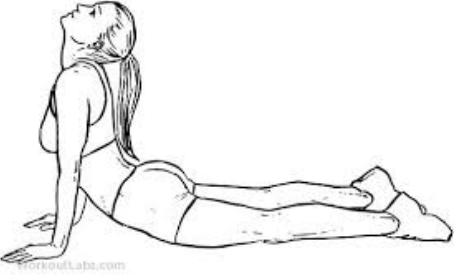





3B) Foam Rolling Inner Thigh Adductor Stretch > 15 seconds > each side (see image W1:3B)

3C) Scorpion Stretch > 15 seconds > each side (see image W1:3C)

4A) Butterfly Stretch > 20 seconds (See image W1:4A)

4B) Lying Quadricep Stretch > 15 seconds > each leg (See image W1:4B)

5A) Kneeling Hip Flexor Stretch > 15 seconds > each side (See image W1:5A)

Stretch	Picture	Stretch	Picture
W1:1A	 <small>WorkoutLabs.com</small>	W1:1B	
W1:2A	 <small>WorkoutLabs.com</small>	W1:2B	 <small>WorkoutLabs.com</small>
W1:3A		W1:3B	
W1:3C	 <small>WorkoutLabs.com</small>		
W1:4A	 <small>WorkoutLabs.com</small>	W1:4B	 <small>©WorkoutLabs ©WorkoutLabs ©WorkoutLabs ©WorkoutLabs</small>

W1:5A

