



FITNESS
4 YOU

STATIC STRETCHES

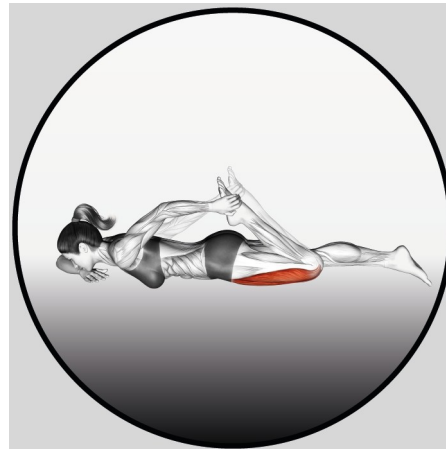
LOWER BODY



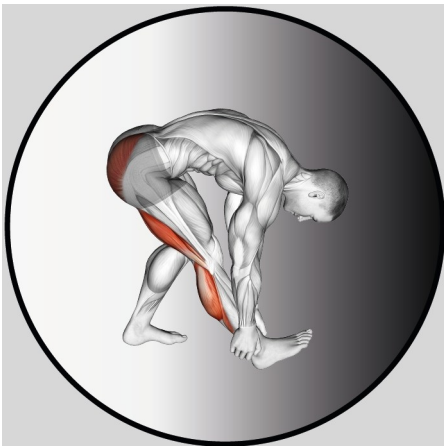
FITNESS
4 YOU



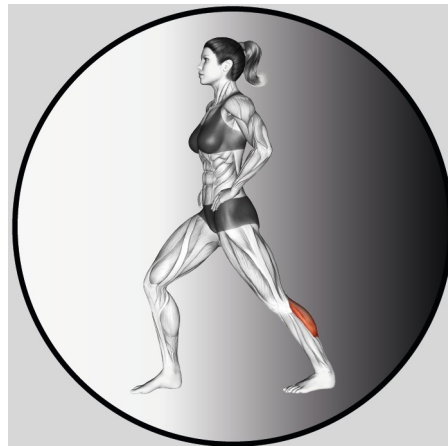
HIP FLEXOR STRETCH



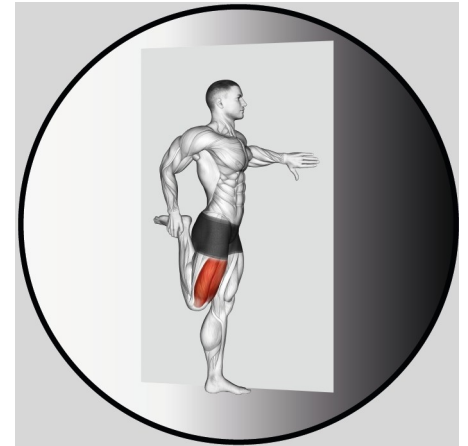
LYING QUADRICEP STRETCH



STANDING HAMSTRING STRETCH



GASTROCNEMIUS STRETCH



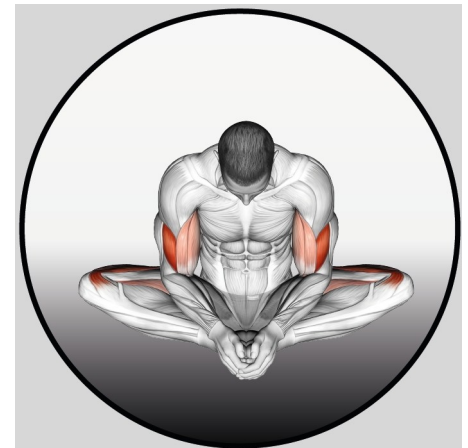
STANDING QUADRICEP STRETCH



GLUTEAL STRETCH



OBLIQUE 6 ABDUCTOR STRETCH



ADDUCTOR STRETCH