



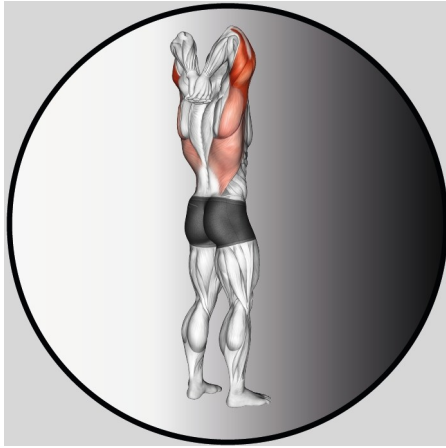
**FITNESS**  
4 YOU

# STATIC STRETCHES

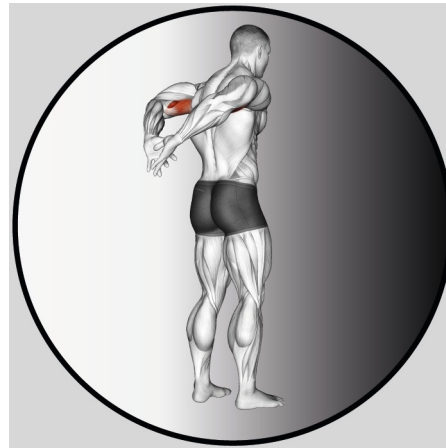
## UPPER BODY



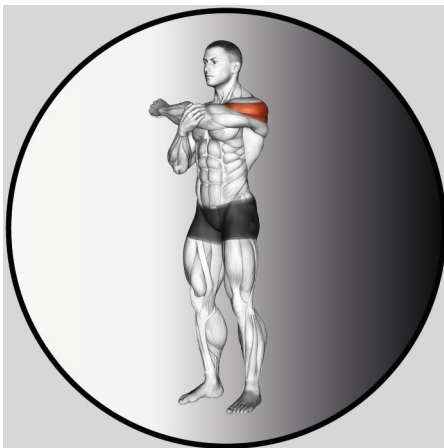
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4 YOU



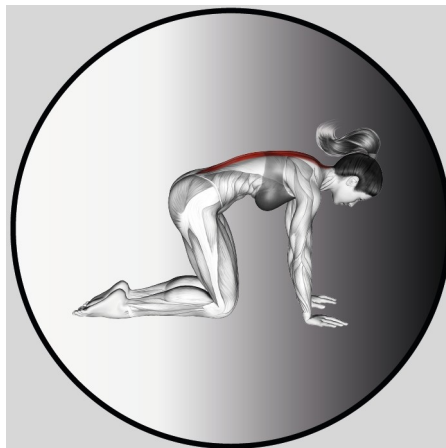
TRICEP STRETCH



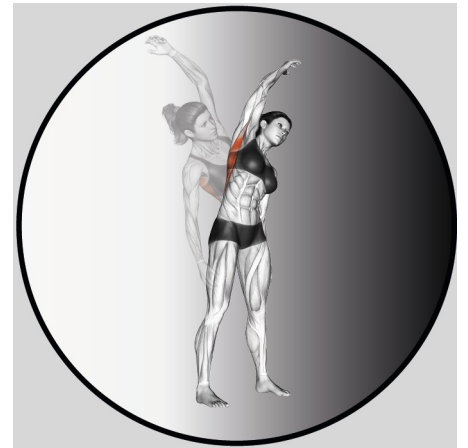
BICEP STRETCH



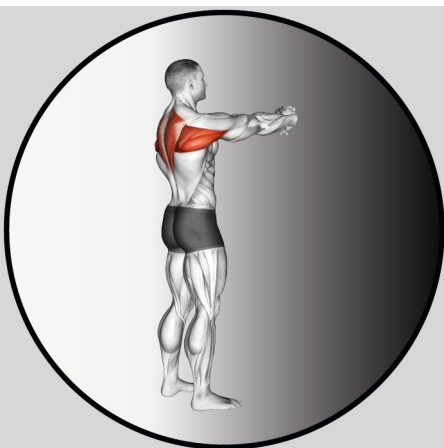
DELTOID STRETCH



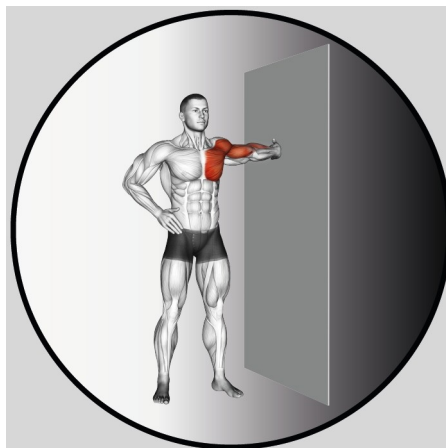
ERECTOR SPINAE STRETCH



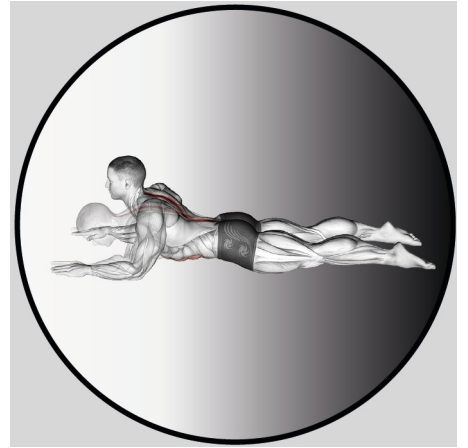
LATISSIMUS DORSI STRETCH



TRAPEZIUS AND RHOMBOID STRETCH



PECTORAL STRETCH



ABDOMINAL STRETCH