

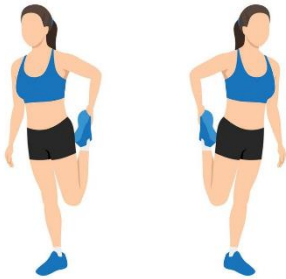
4 WEEK TRANSFORMATION PROGRAMME – STRETCHES

LOWER BODY

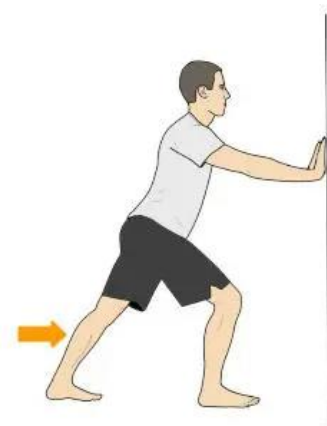
Hamstring stretch



Quadricep Stretch



Calf Stretch



Hip Flexor Stretch



UPPER BODY STRETCHES

Shoulder and Tricep Stretches



Chest Stretch

