

STRETCHING

MAT



ABDOMINAL & HIP FLEXORS



LOW BACK



QUADRECEPS



FULL BODY



GLUTES & ABDUCTORS



NECK



HAMSTRINGS & LOW BACK



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GROIN & ADDUCTOS



GROIN



GROIN, HAMSTRINGS

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain

Complete Guide To Stretching

Rosina Ehmman



Complete Guide To Stretching:

Complete Guide To Stretching Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Complete Guide To Stretching**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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