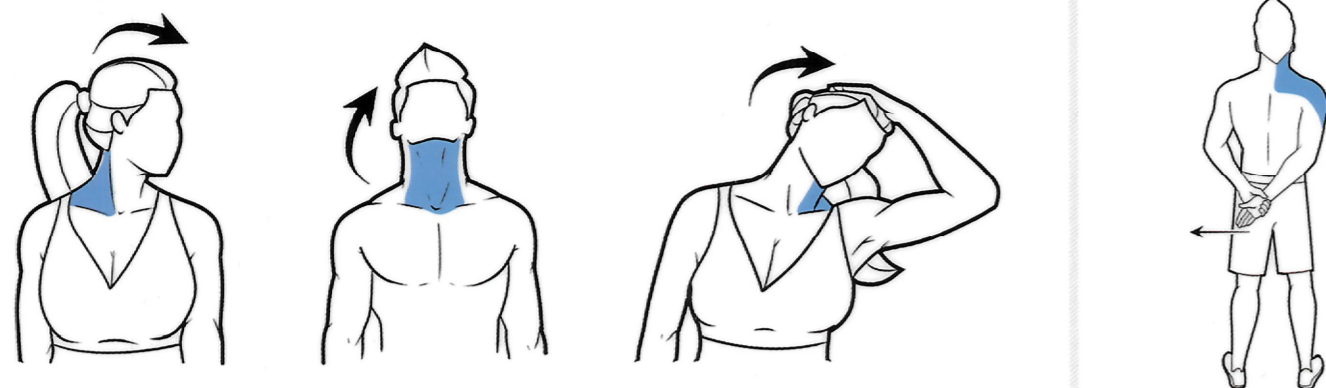
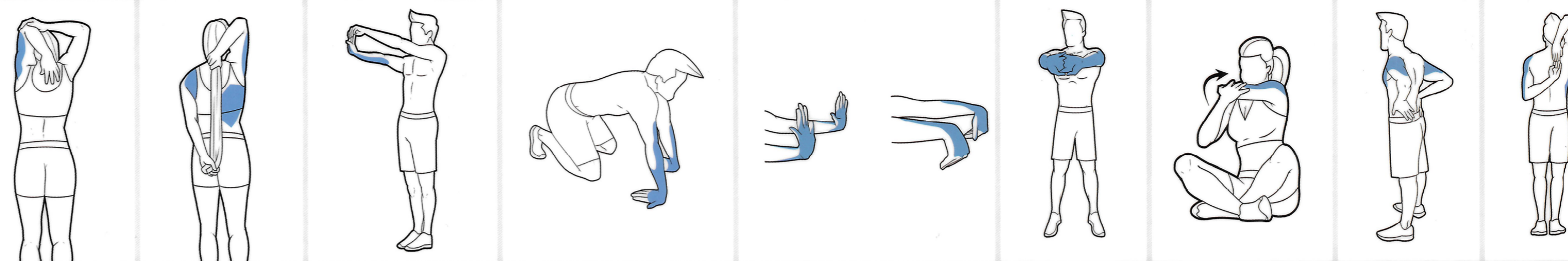


STRETCHING EXERCISES

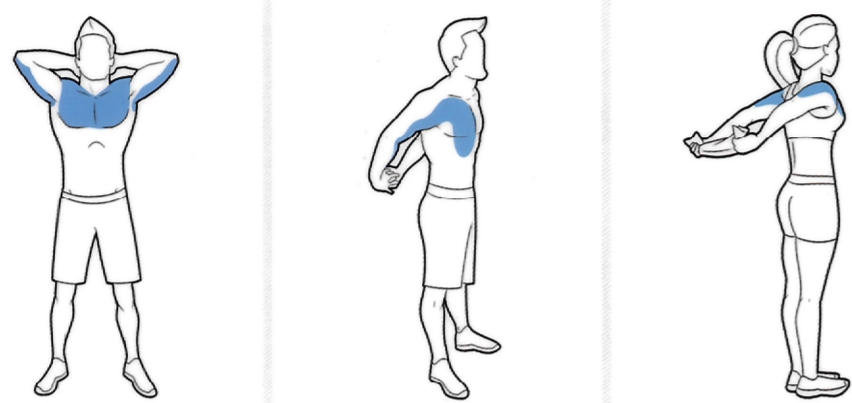
NECK



SHOULDERS/ARMS



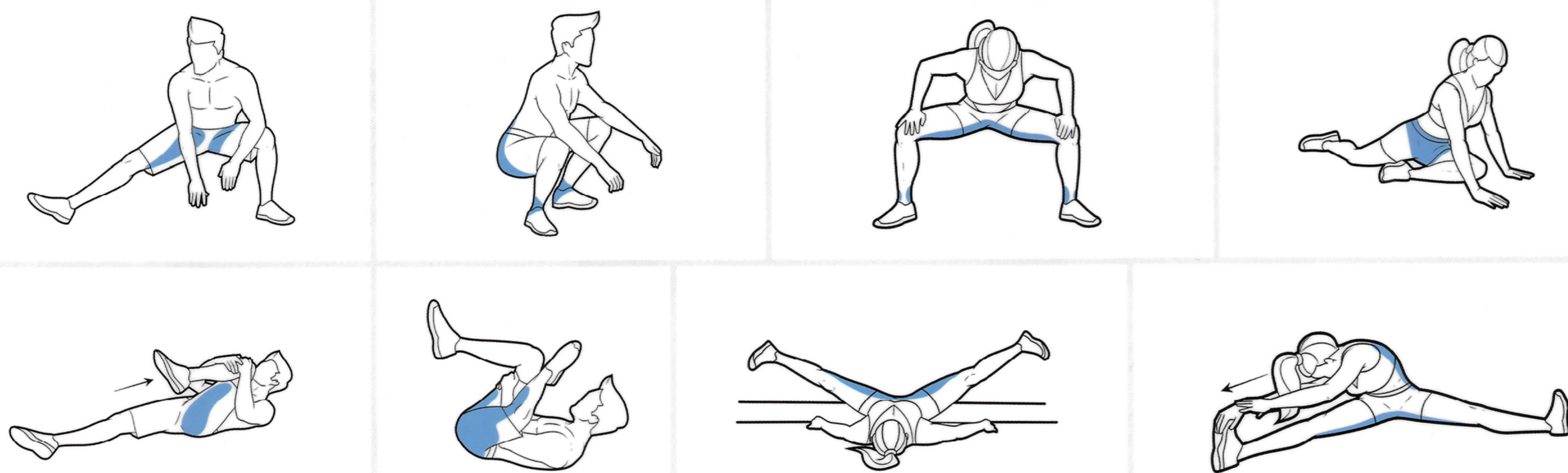
CHEST



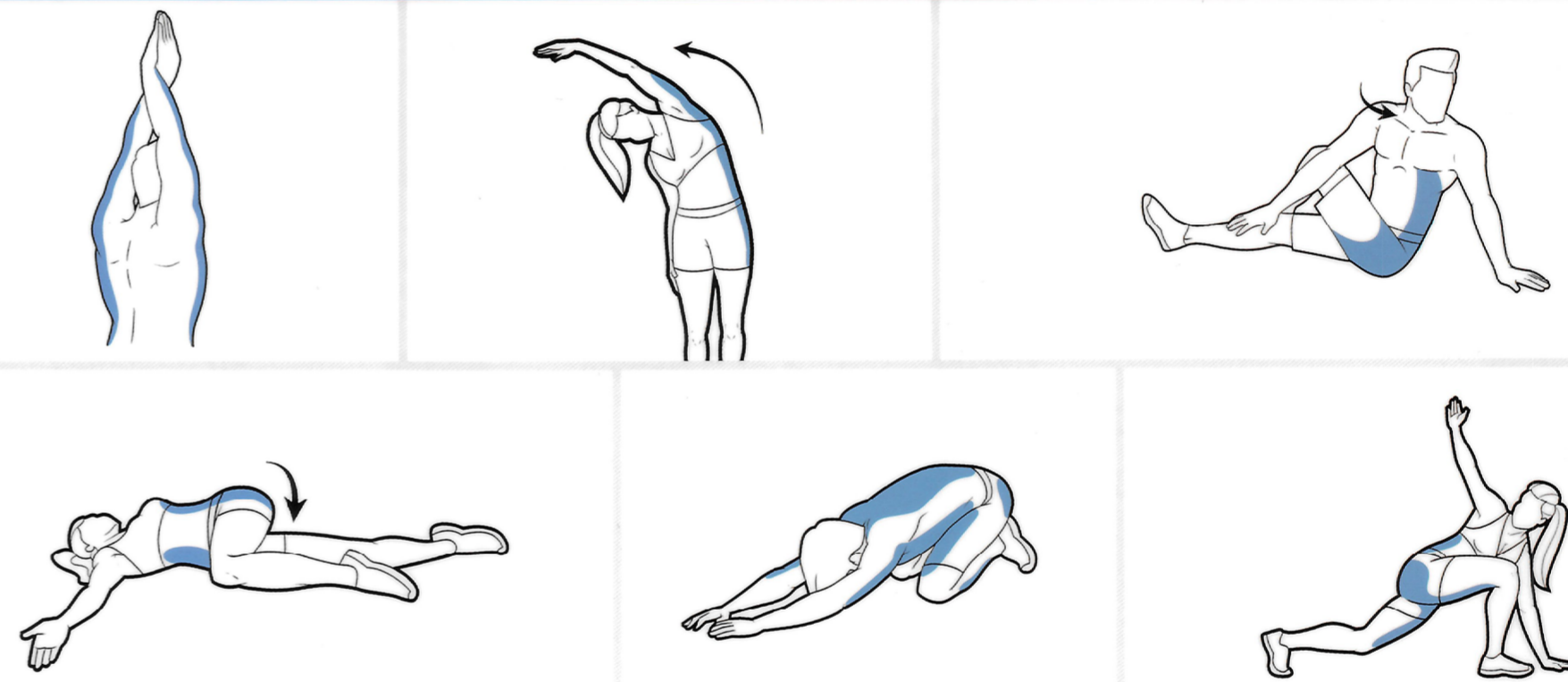
BACK



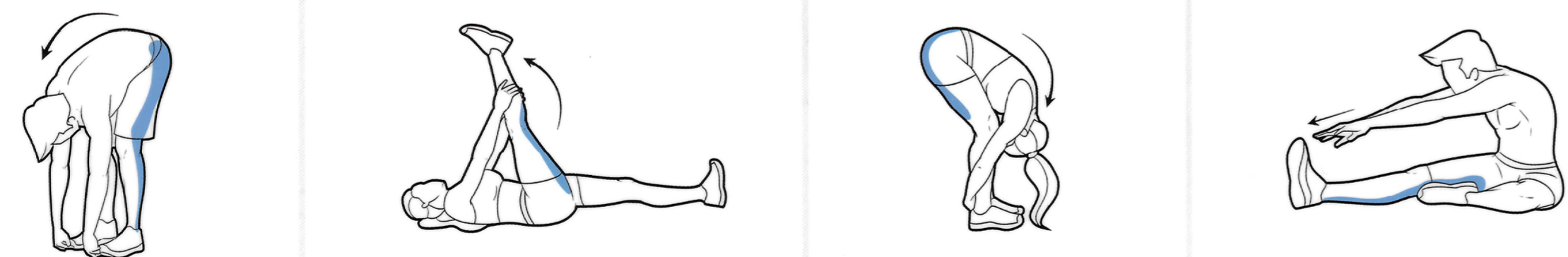
HIPS



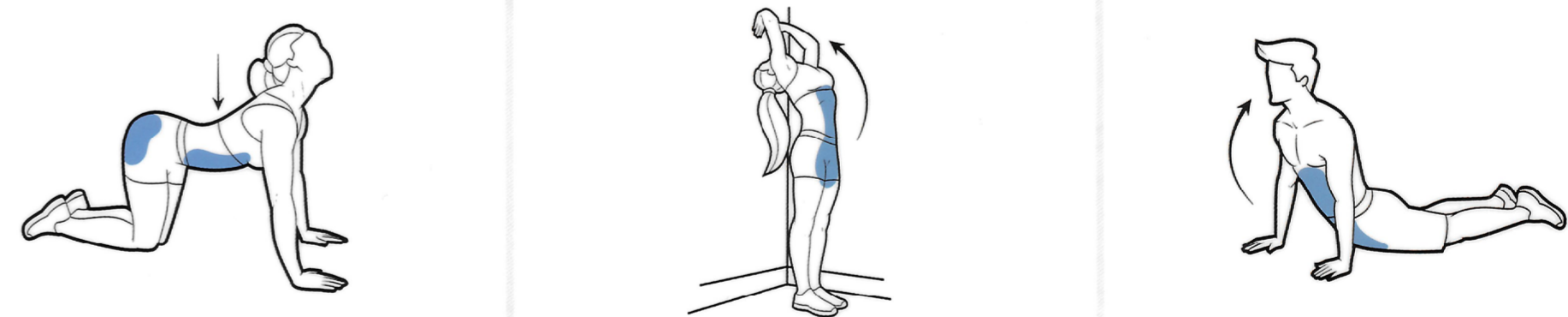
TORSO



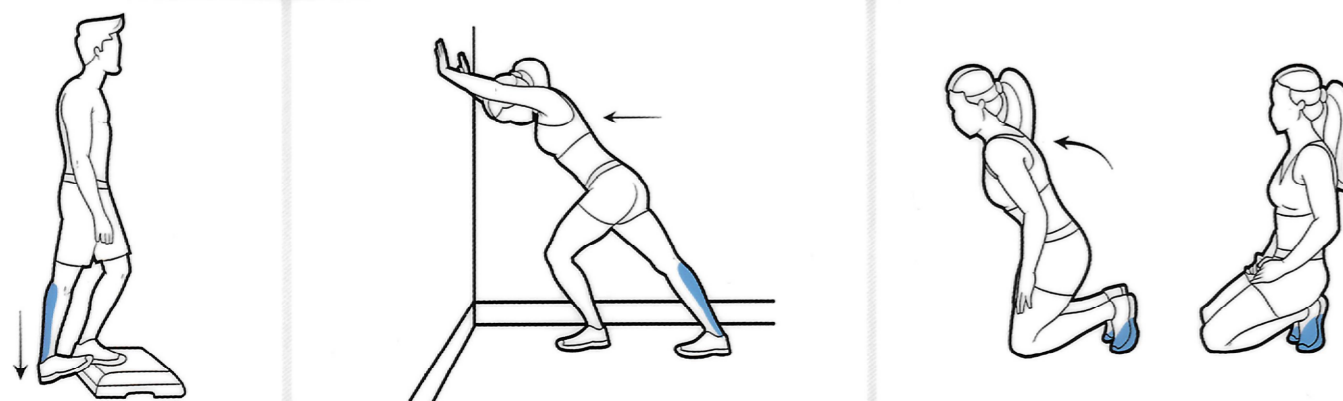
HAMSTRINGS



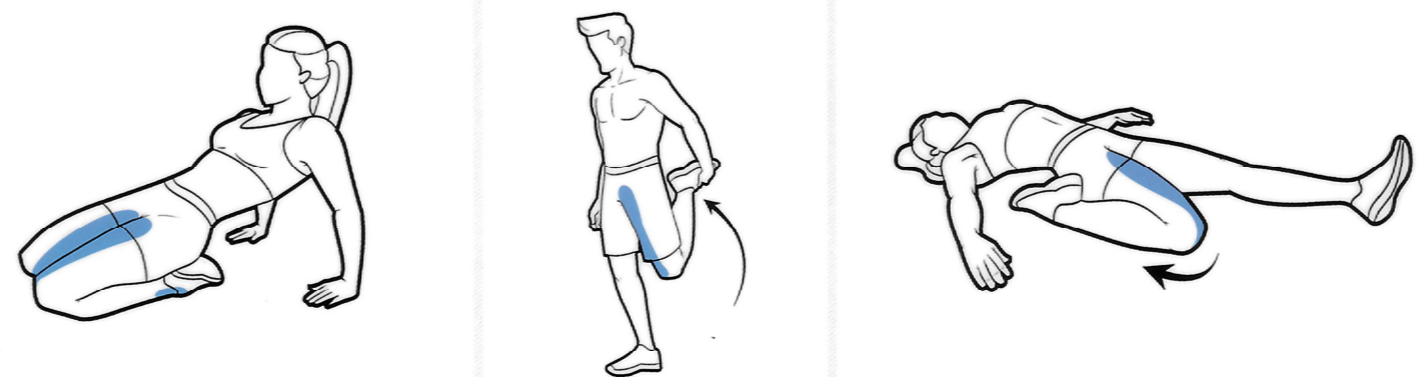
ABS



LOWER LEGS



QUADRICEPS



TOTAL BODY

