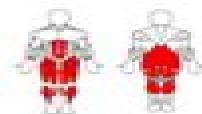


STRETCHING

LOWER BODY



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



**HAMSTRINGS &
LOW BACK**



QUADRICEPS



CALVES



**GROIN &
ADDUCTORS**



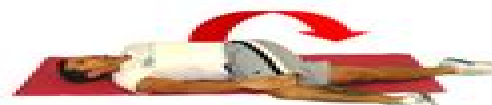
FULL BODY



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



**CALVES, HAMSTRINGS &
LOW BACK**



**GLUTEAL &
ABDUCTORS**



**GLUTEAL &
LOW BACK**

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

Secrets Of Stretching Exercises For The Lower Body Instructional Video

Roman Wölfel



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