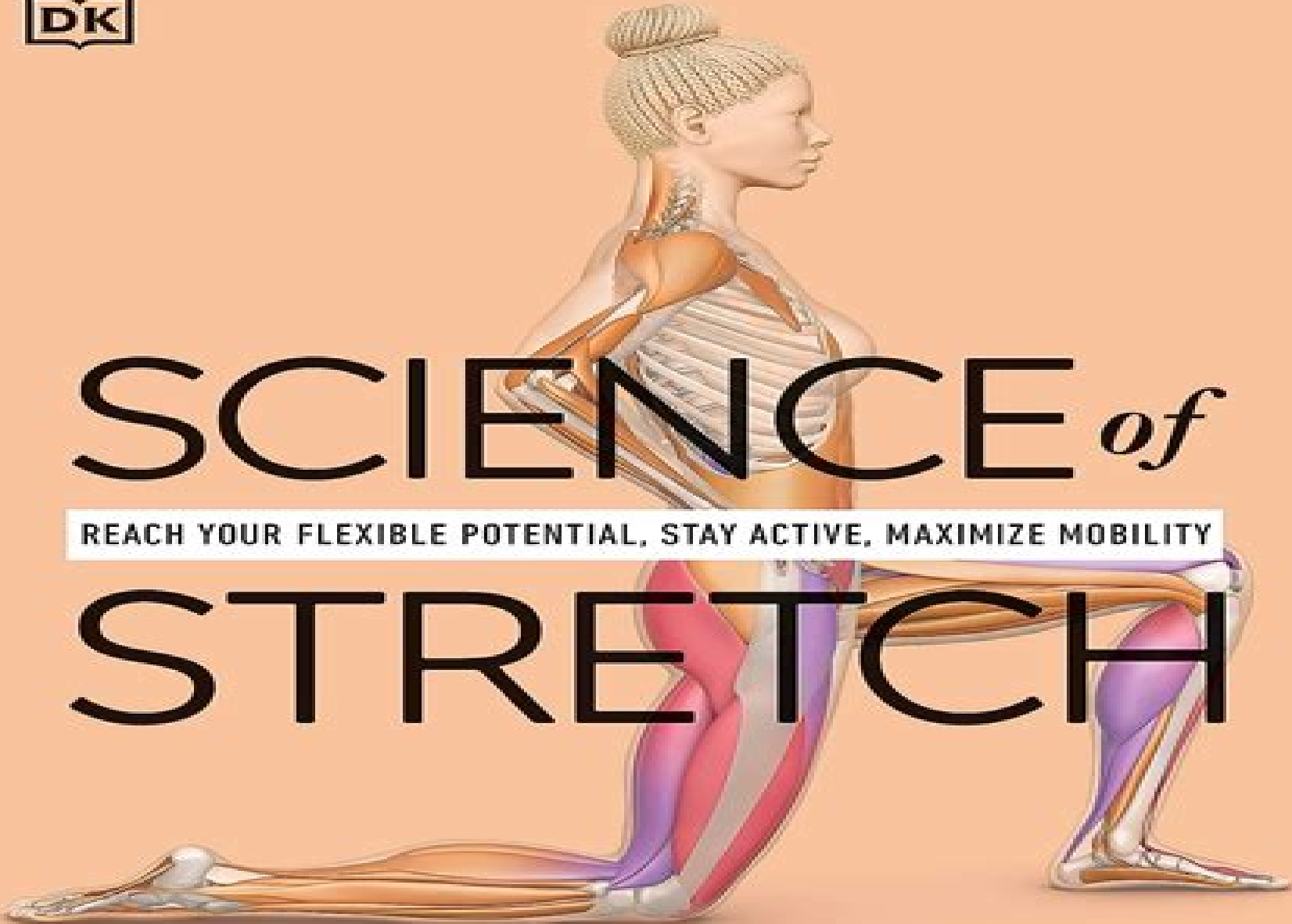


An anatomical illustration of a woman in a lunge position, viewed from the side. Her muscles are highlighted in various colors: orange for the upper back and shoulders, pink for the glutes and hamstrings, and purple for the inner thighs and calves. The background is a solid light orange color.

SCIENCE *of* STRETCH

REACH YOUR FLEXIBLE POTENTIAL, STAY ACTIVE, MAXIMIZE MOBILITY

DR LEADA MALEK, PT, DPT

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