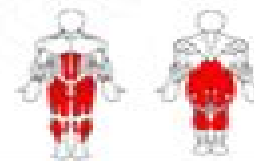


STRETCHING

LOWER BODY



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



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



QUADRICEPS



HAMSTRINGS & LOW BACK



GROIN & ADDUCTORS



CALVES



GLUTES & ABDUCTORS



GLUTES & 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

H Kauffman



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