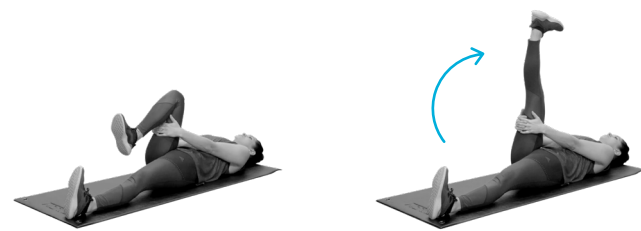


TOTAL-BODY FLEXIBILITY

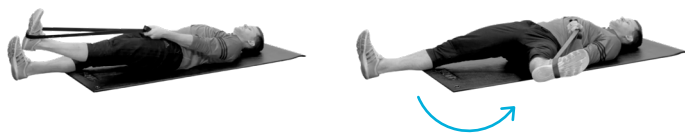
01 BENT-KNEE HAMSTRING STRETCH

10 reps each side



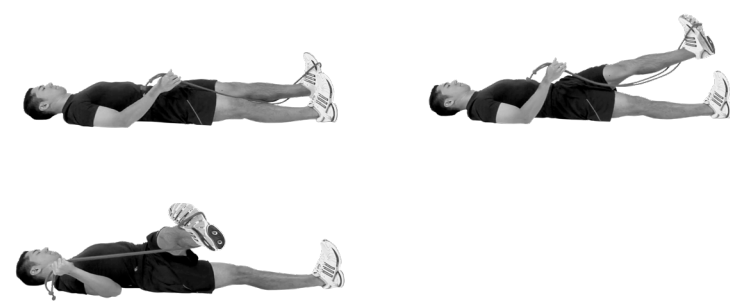
02 ADDUCTOR STRETCH WITH ROPE

10 reps each side



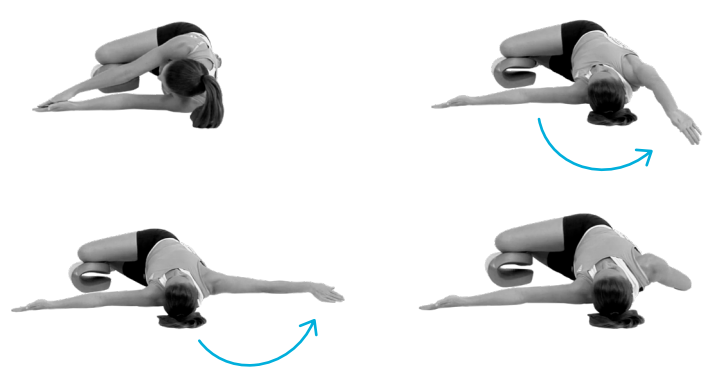
03 ABDUCTOR STRETCH WITH ROPE

10 reps each side



04 90/90 STRETCH WITH ARM SWEEP

8 reps each side



05 SIDELYING SHOULDER STRETCH

8 reps each side

