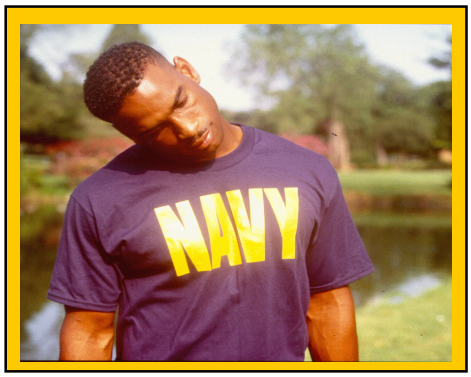
10 Recommended Stretches

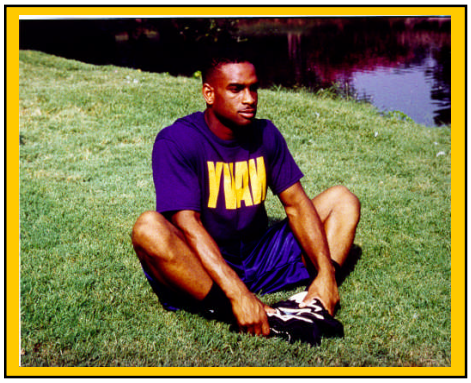


Neck Stretch

Upper Back Stretch

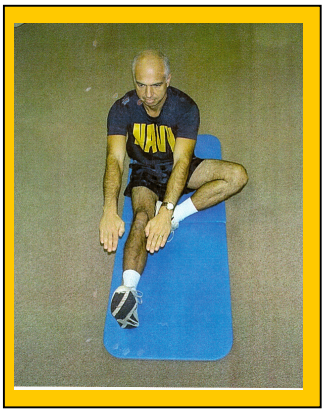
Triceps Stretch

Chest and Biceps Stretch

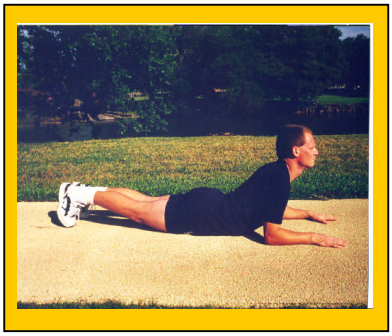


Butterfly Stretch (groin stretch)

Lower Back Stretch



Hamstring Stretch



Back Extension Stretch

Quadriceps Stretch

Calf Stretch