

# STRETCHING

## MAT



**ABDOMINAL & HIP FLEXORS**



**LOW BACK**



**QUADRECEPS**



**FULL BODY**



**GLUTES & ABDUCTORS**



**NECK**



**HAMSTRINGS & LOW BACK**



**CALVES, HAMSTRINGS & LOW BACK**



**HAMSTRINGS & LOW BACK**



**GROIN & ADDUCTOS**



**GROIN**



**GROIN, HAMSTRINGS**

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

# Complete Guide To Stretching

**M Woodhall**



## **Complete Guide To Stretching:**

Eventually, you will certainly discover a supplementary experience and success by spending more cash. still when? get you believe that you require to get those every needs past having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more going on for the globe, experience, some places, taking into account history, amusement, and a lot more?

It is your certainly own time to function reviewing habit. in the middle of guides you could enjoy now is **Complete Guide To Stretching** below.

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