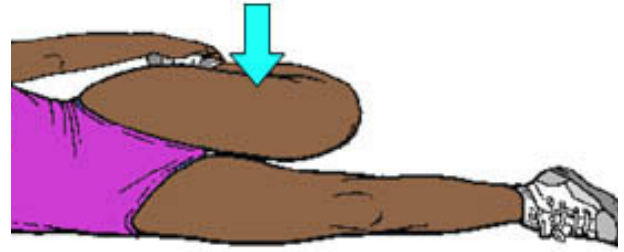


Latissimus stretch



Quadriceps stretch

Arm Up Stretches



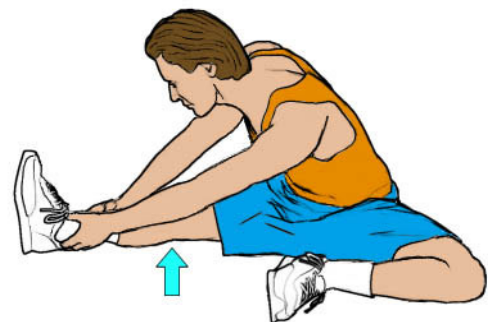
Triceps stretch



Groin stretch



Calf stretch



Hamstring stretch