

STRETCH ROUTINE

***** ALWAYS DO A GOOD STRETCH AFTER THE WORK-OUT*****

1) V-SIT (MIDDLE-SIDE & SIDE)



2) SITTING QUAD (RT. & LT.)



3) Z-GLUTE (RT. & LT.)



4) SEATED HAMSTRING (RT. & LT.)



5) GROIN (HEELS CLOSE)



6) LYING KNEE UP (RT. & LT.)



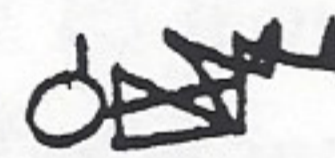
7) LOW BACK (KNEE ACROSS BODY) (RT. & LT.)



8) LYING HAMSTRING (STRAIGHT LEG / HOLD FOOT)



9) PRETZEL (GLUTES / HUG KNEE)



10) LUNGE HOLD THEN PULL BACK LEG TO BUTT



11) STANDING V-SPLIT (10 SEC SQUEEZE WITH GROIN)



12) LYING HIP SPLITTER



***** HOLD EACH STRETCH FOR 15 - 30 SECONDS*****

THIS TAKES 10-15 MIN AND WILL REDUCE MUSCLE PAIN & TIGHTNESS!