

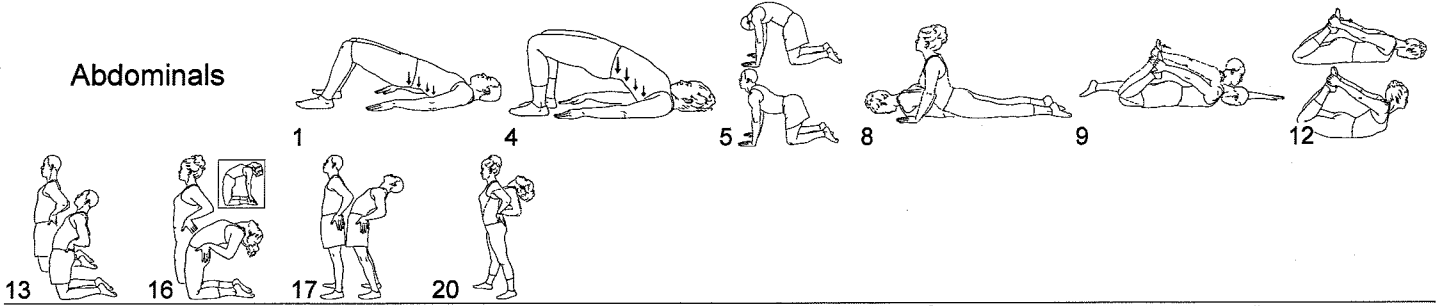
# Complete Stretching Kit

## General Guidelines

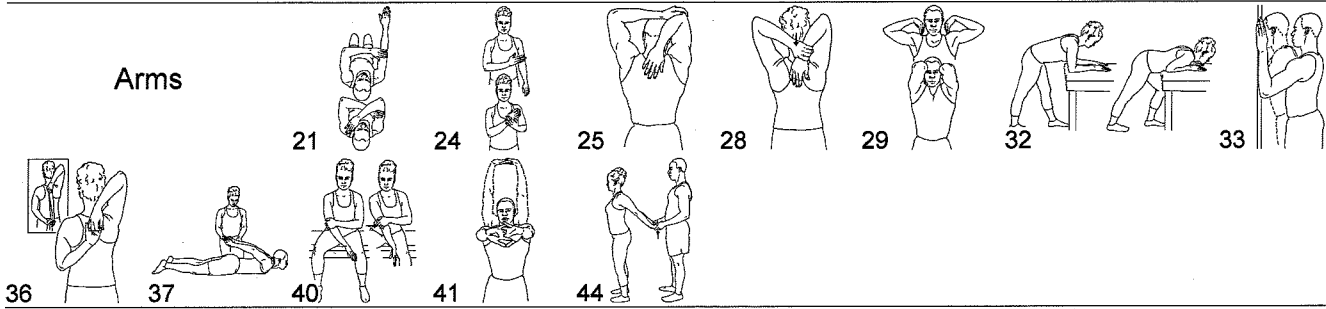
No  
Picture

0

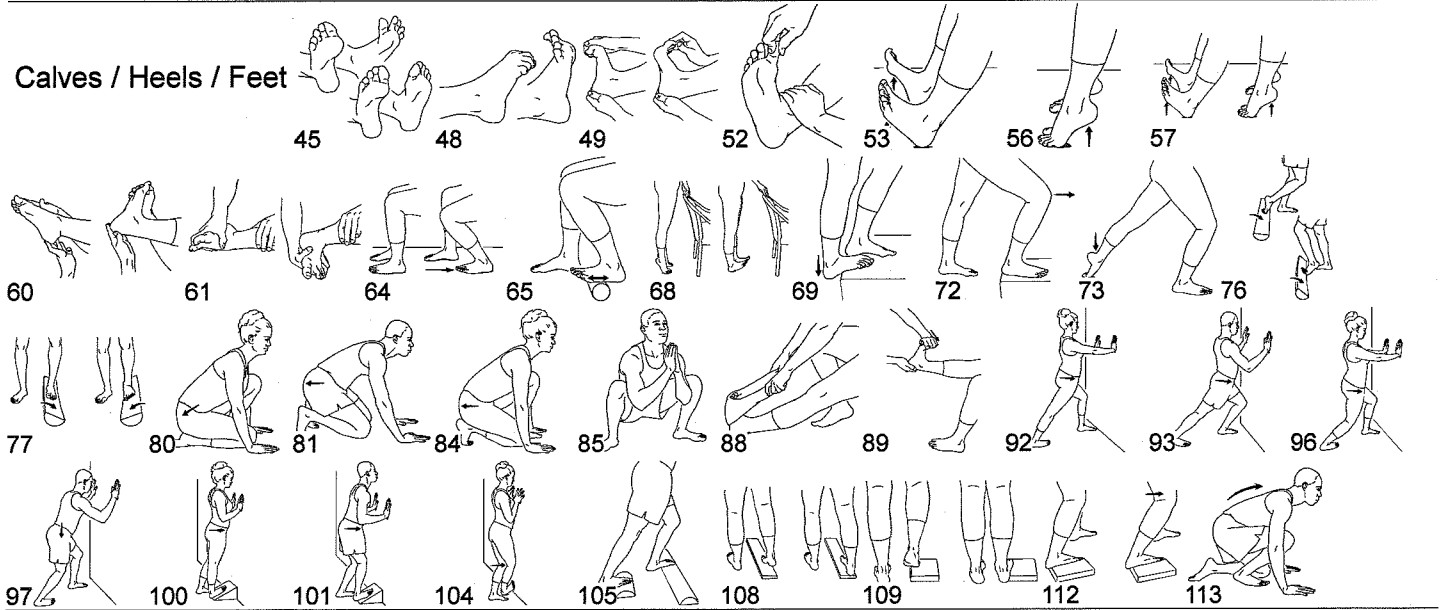
### Abdominals



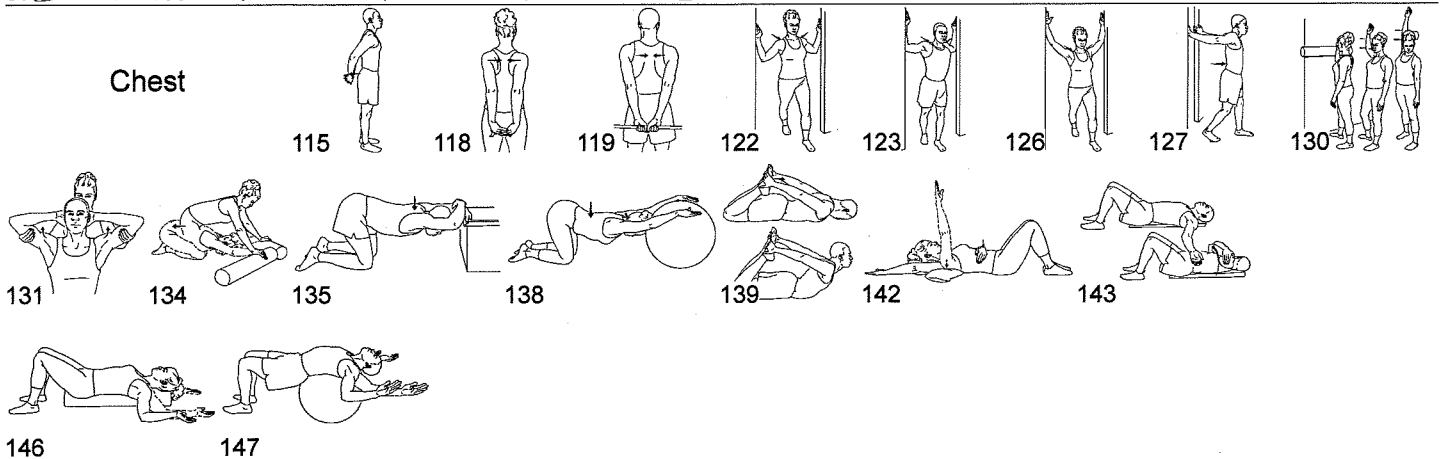
### Arms



### Calves / Heels / Feet

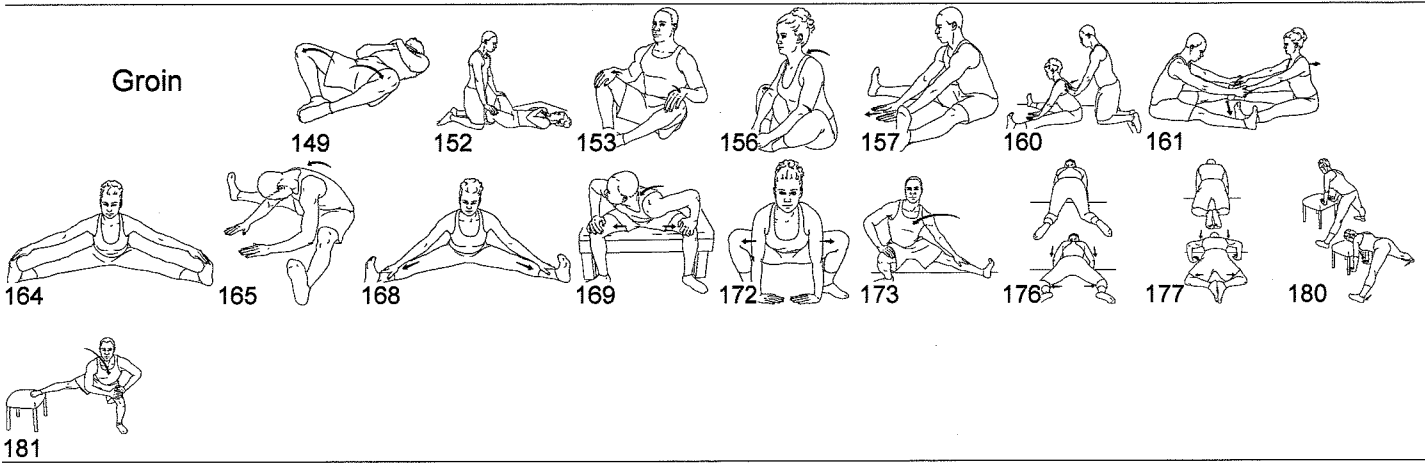


### Chest

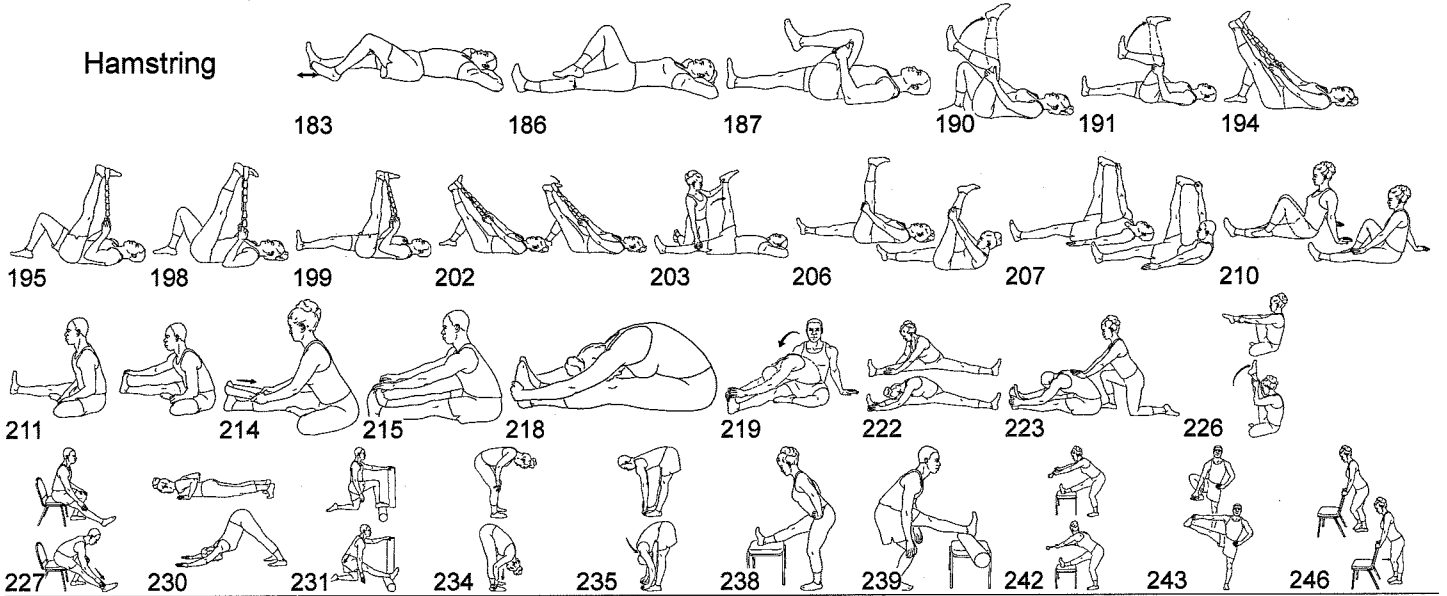


# Complete Stretching Kit

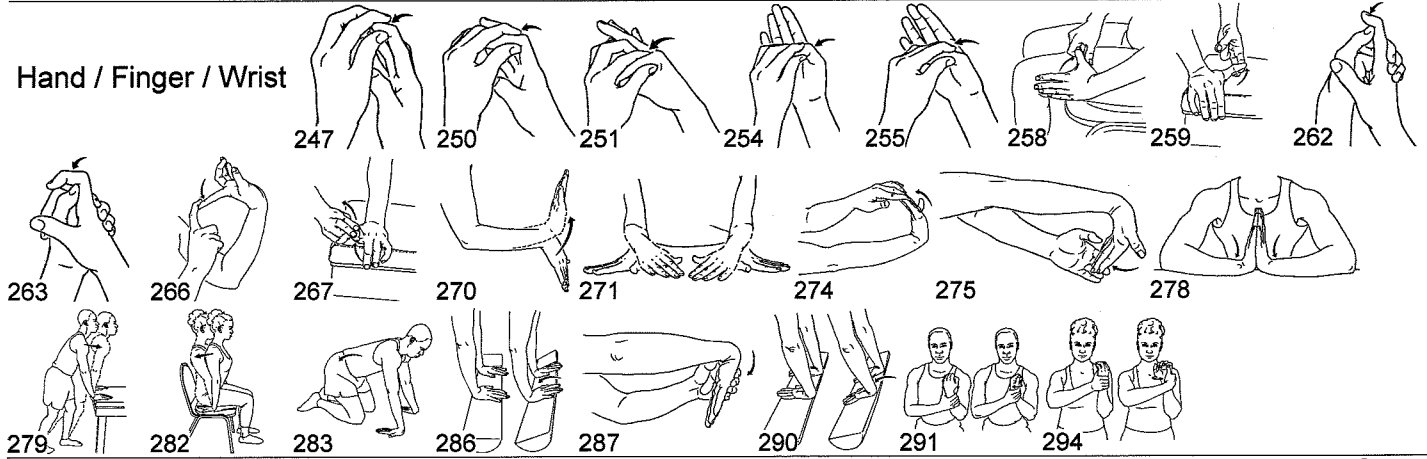
## Groin



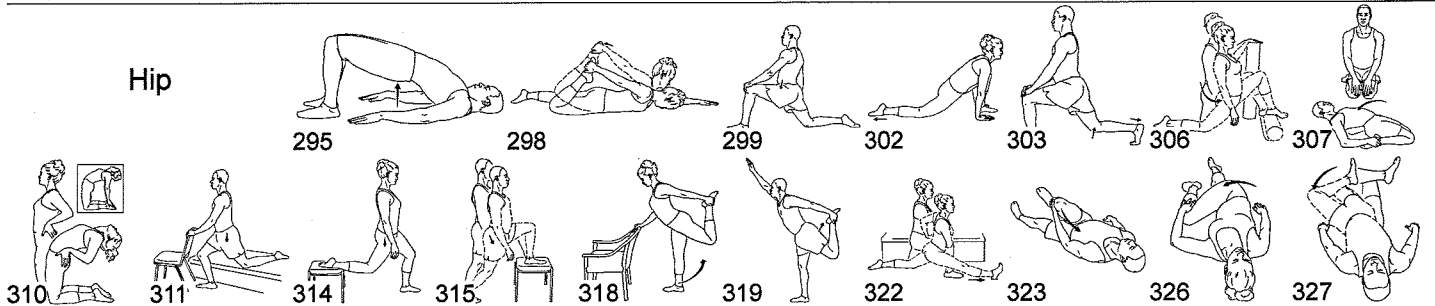
## Hamstring



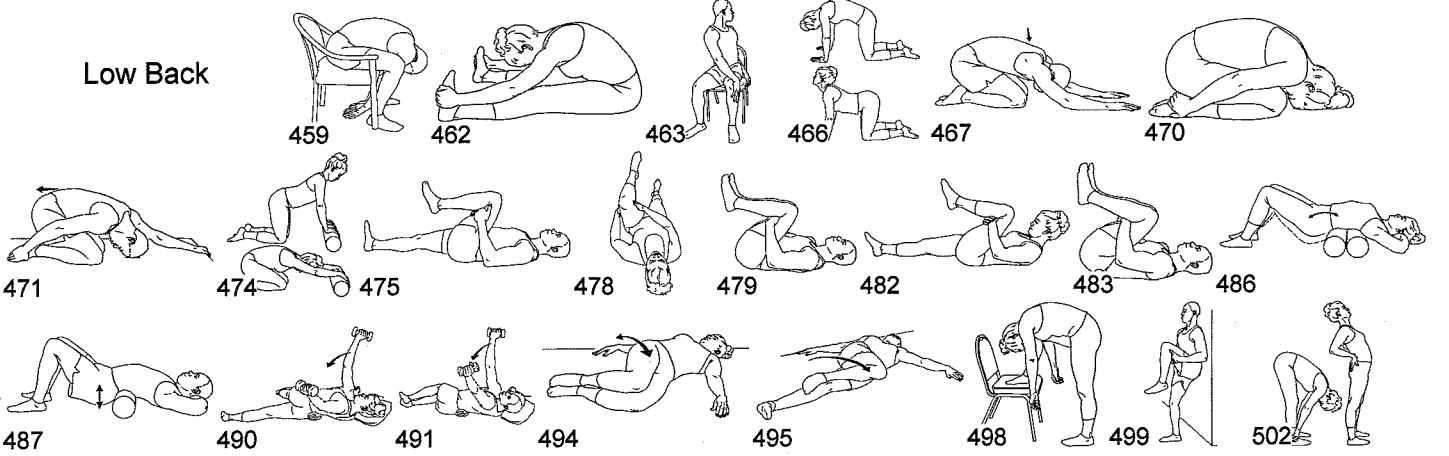
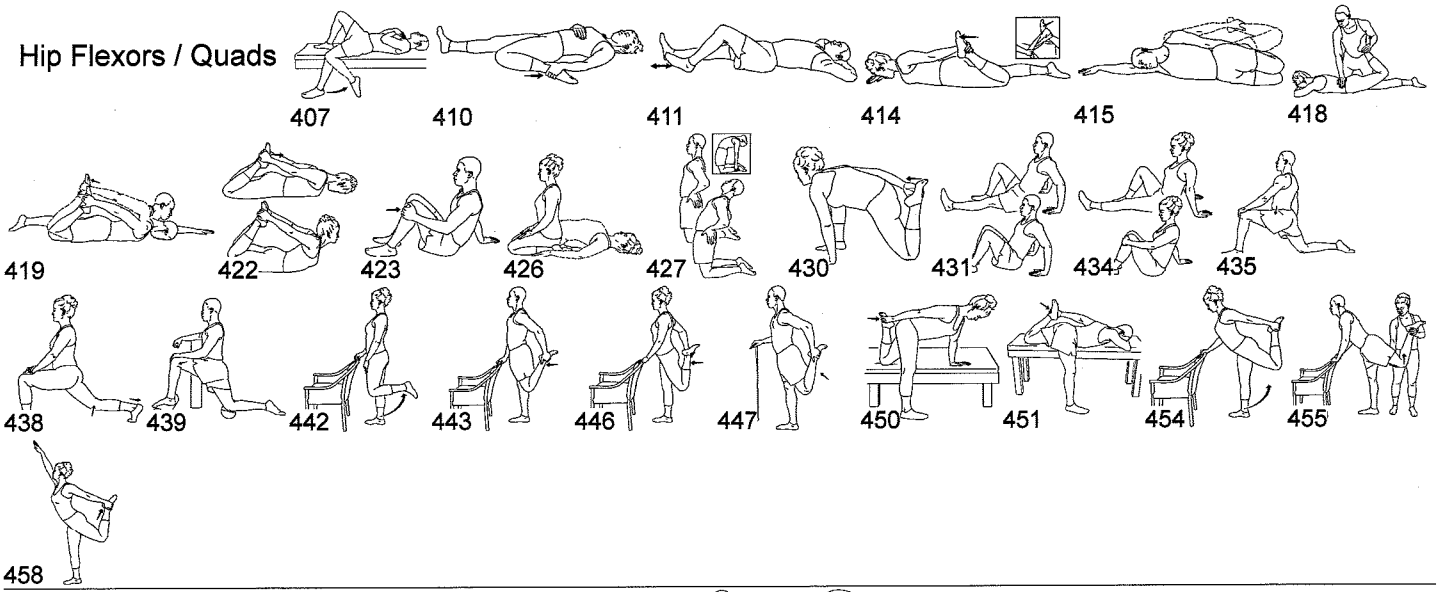
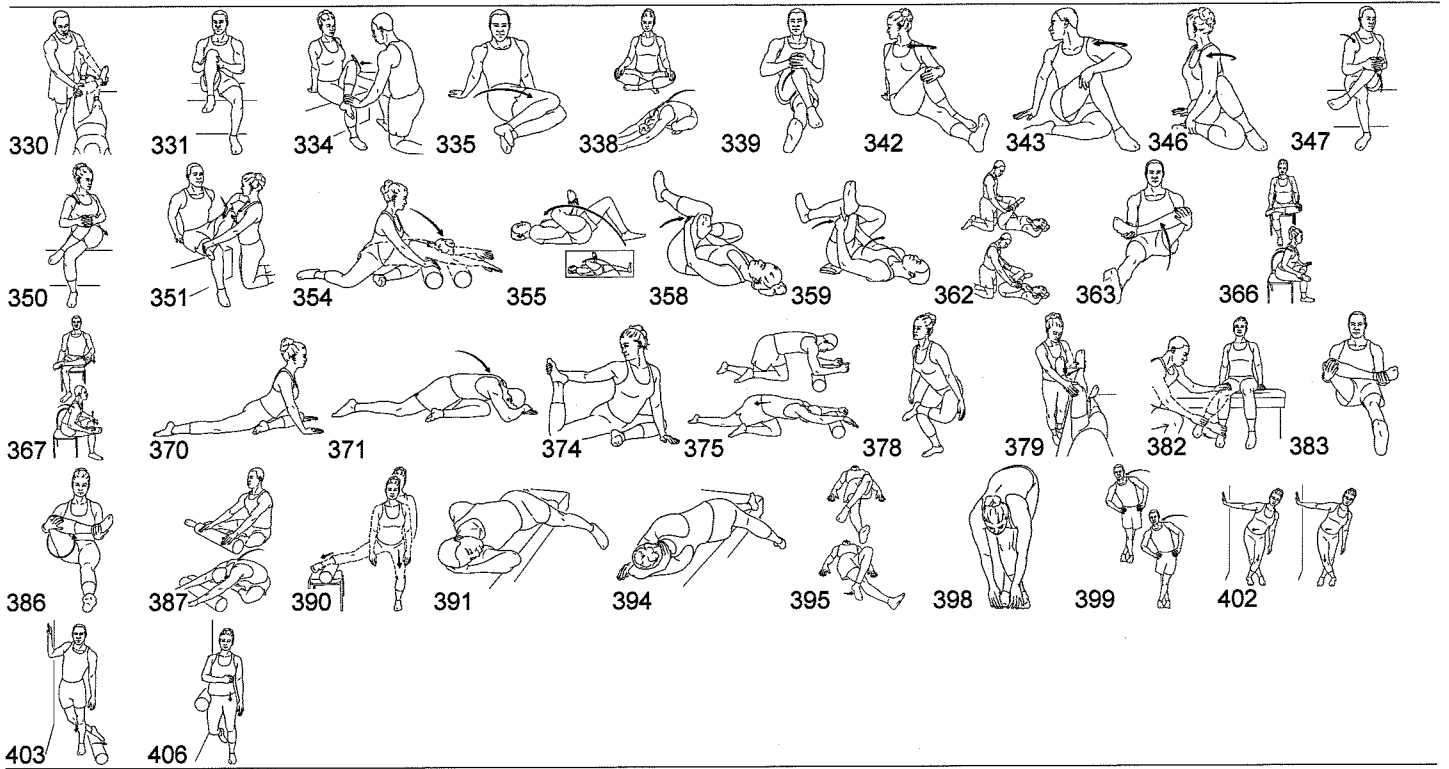
## Hand / Finger / Wrist



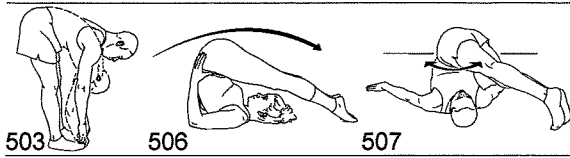
## Hip



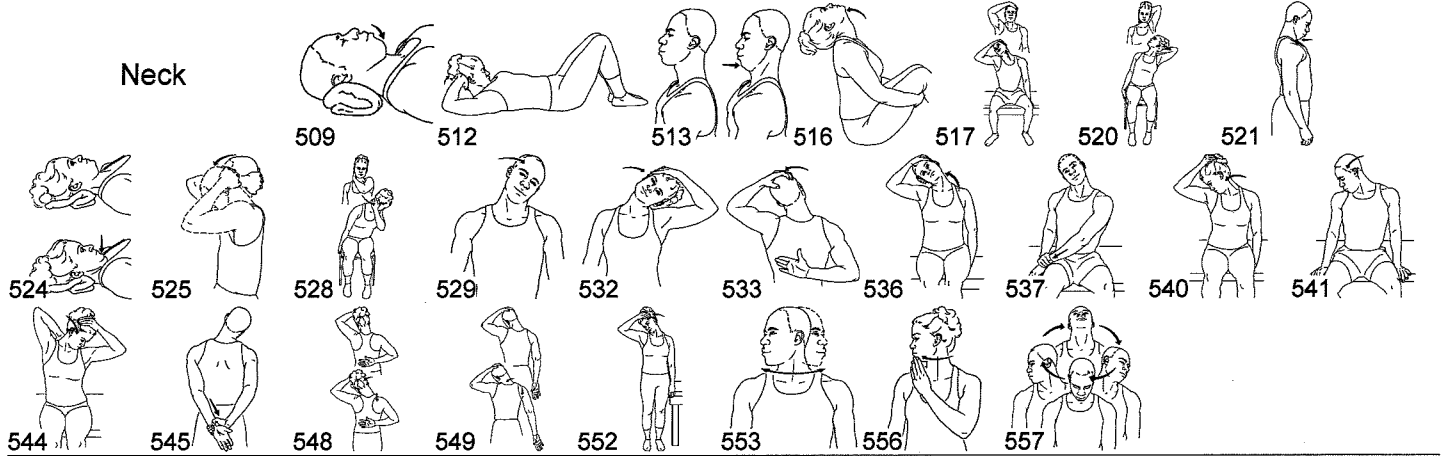
# Complete Stretching Kit



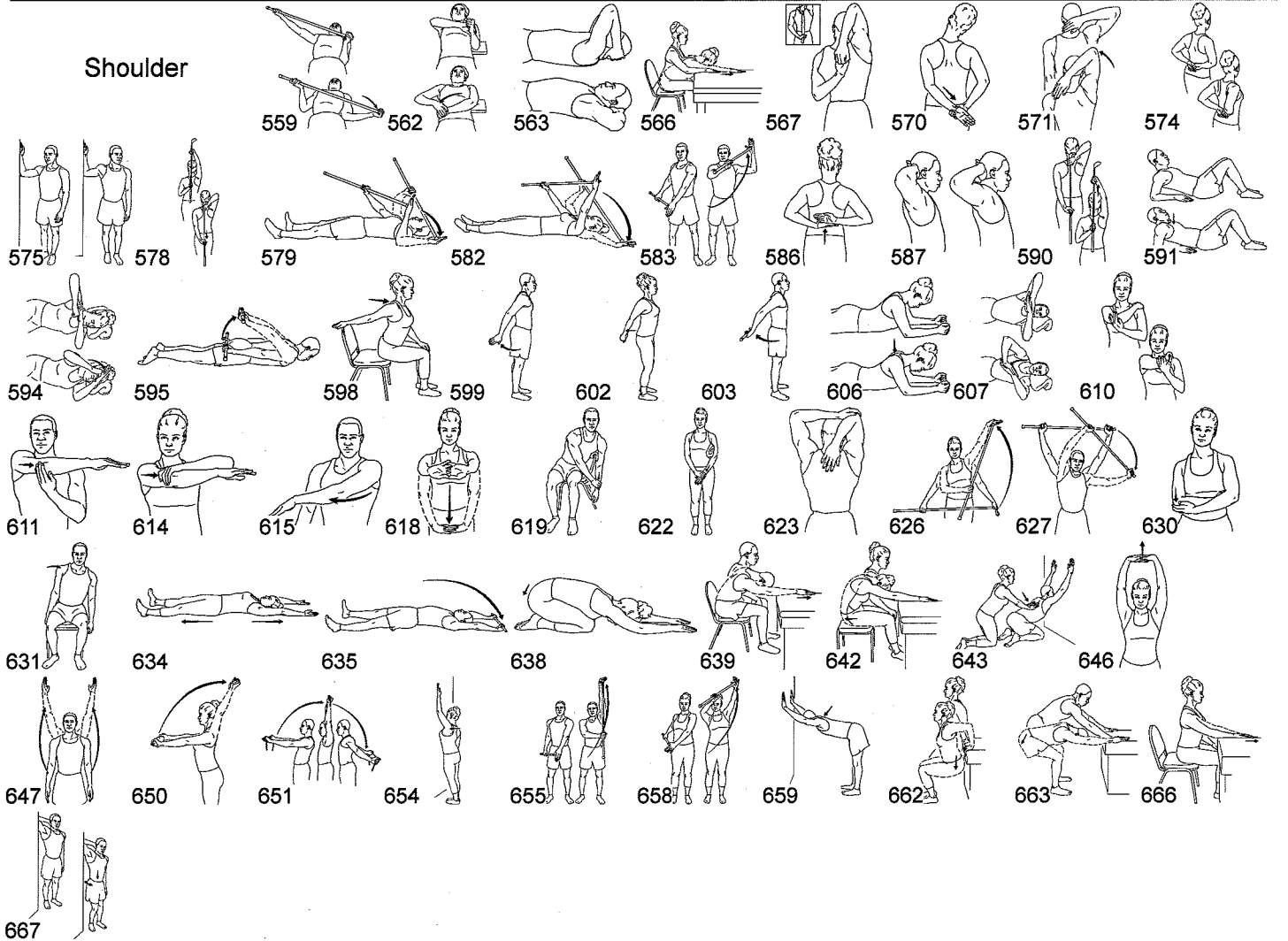
# Complete Stretching Kit



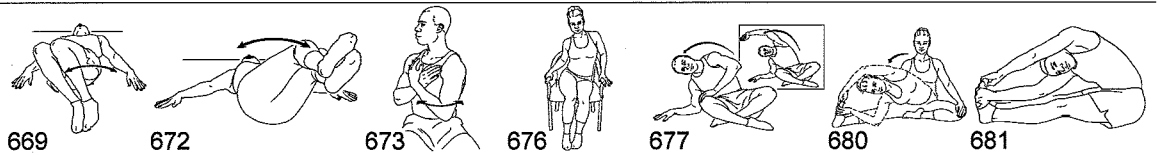
## Neck



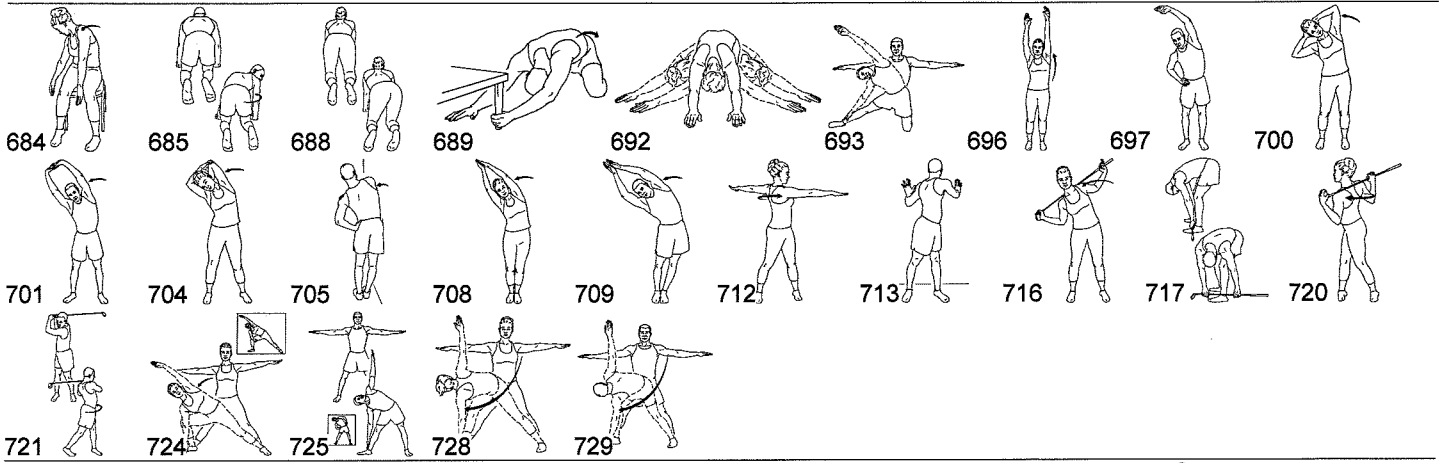
## Shoulder



## Side / Torso



# Complete Stretching Kit



## Upper-Mid Back

