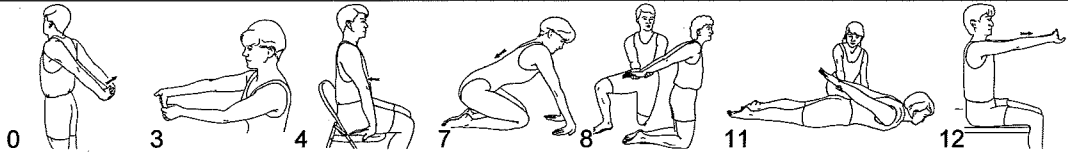
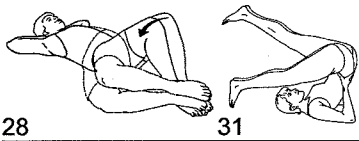
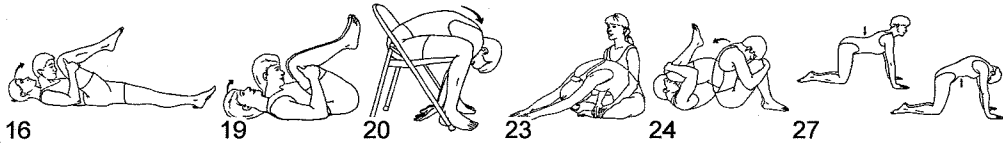


# Stretching Exercises Kit

## Arms



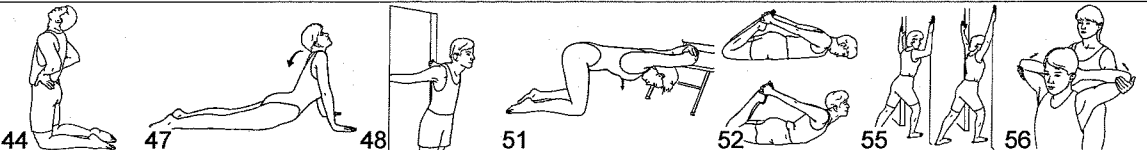
## Back: Lower Back



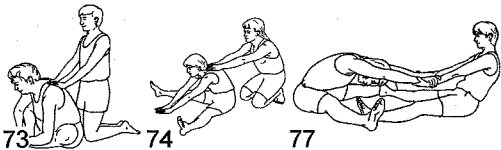
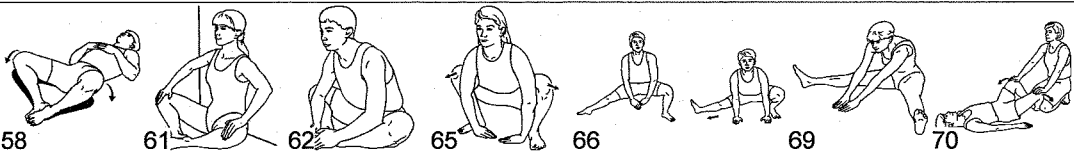
## Back: Upper Back



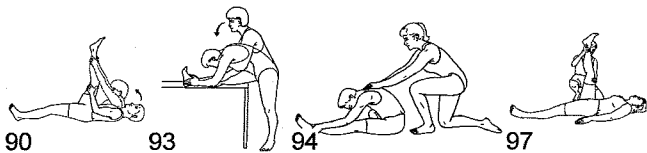
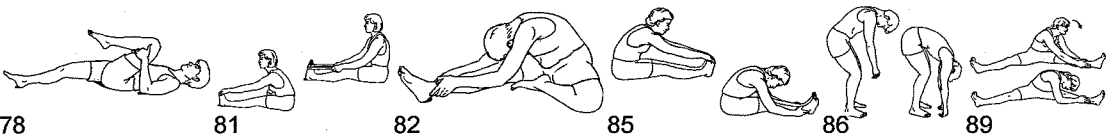
## Chest and Abdomen



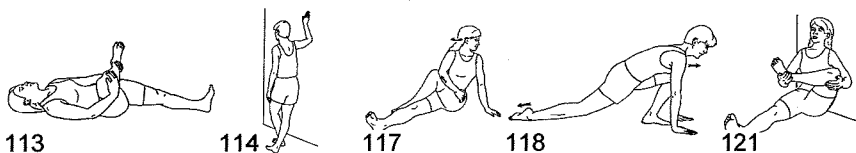
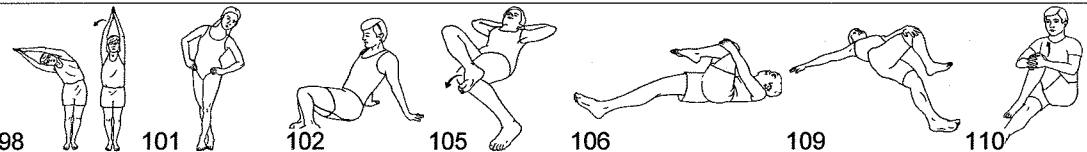
## Groin



## Hamstrings

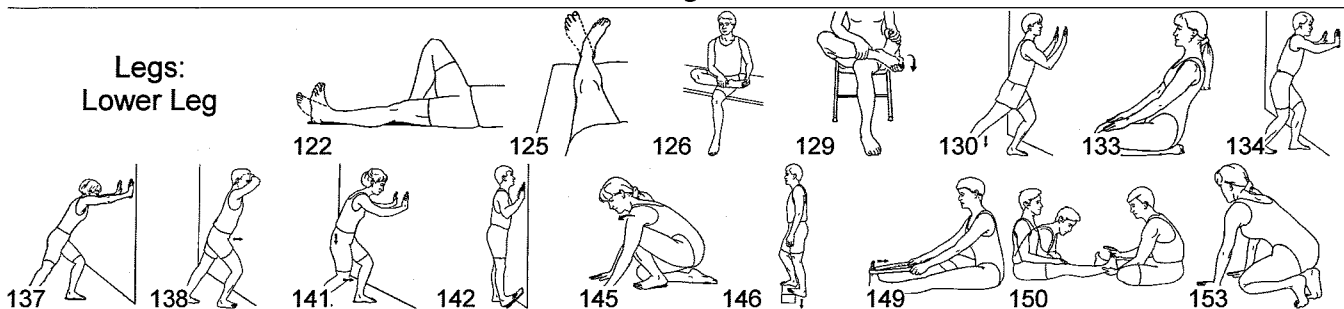


## Hip Oblique

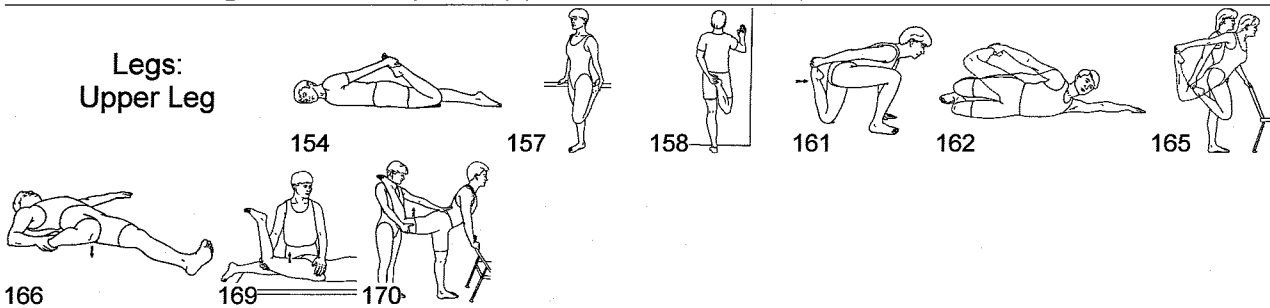


# Stretching Exercises Kit

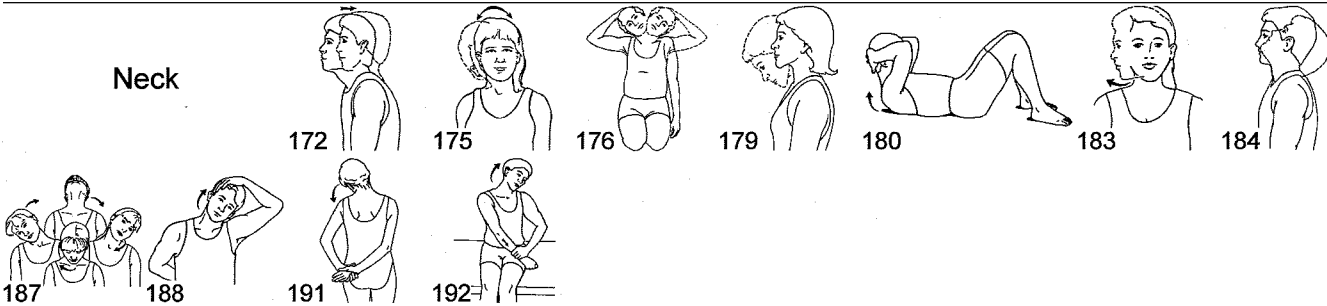
## Legs: Lower Leg



## Legs: Upper Leg



## Neck



## Shoulders

