



STRETCH GUIDE

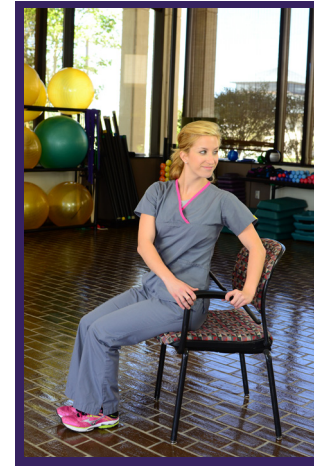
SATURDAY, SEPTEMBER 26, 2015
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PIRIFORMIS STRTECH



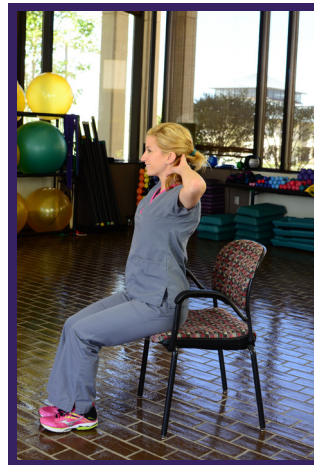
DELTOID STRETCH



SPINAL ROTATION



CHEST STRETCH



SHOULDER STRETCH

