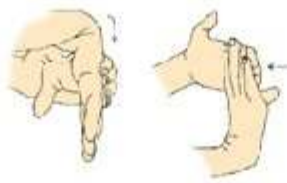


Stretching



Pectoralis stretch



Wrist stretch



Upper trapezius stretch



Standing hamstring stretch



Quadriceps stretch



Standing calf stretch



Hip flexor stretch



Piriformis stretch



Hip adductor stretch



Trunk rotation



Double knee to chest