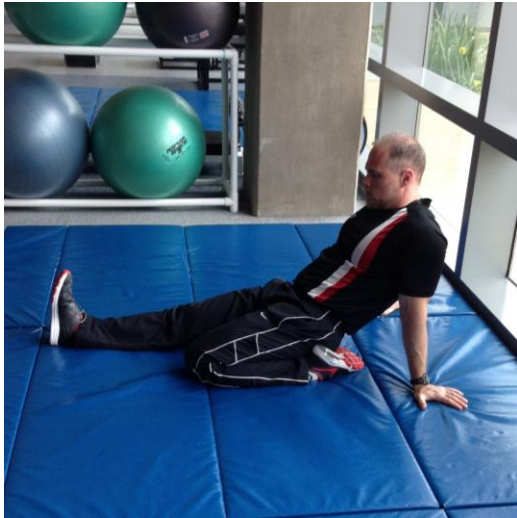


Stretch Sequence 2



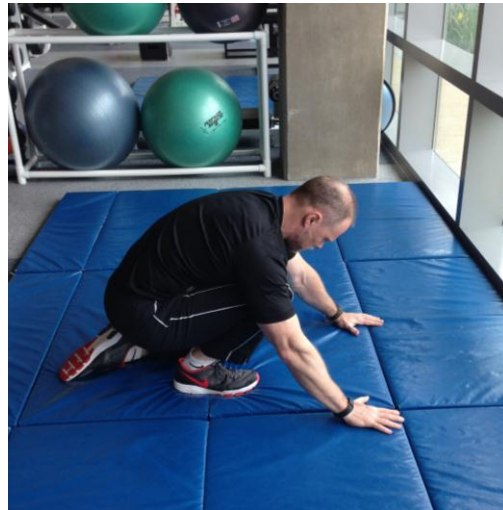
quads



hip flexor



hamstring



calf



Hip and glute



groin



hamstring and groin



upper back



chest and shoulders

- Hold each stretch for 30-60 seconds or contract/relax (2s/10s x 4)
- Relaxed breathing
- Perform each stretch 1 – 3 times.