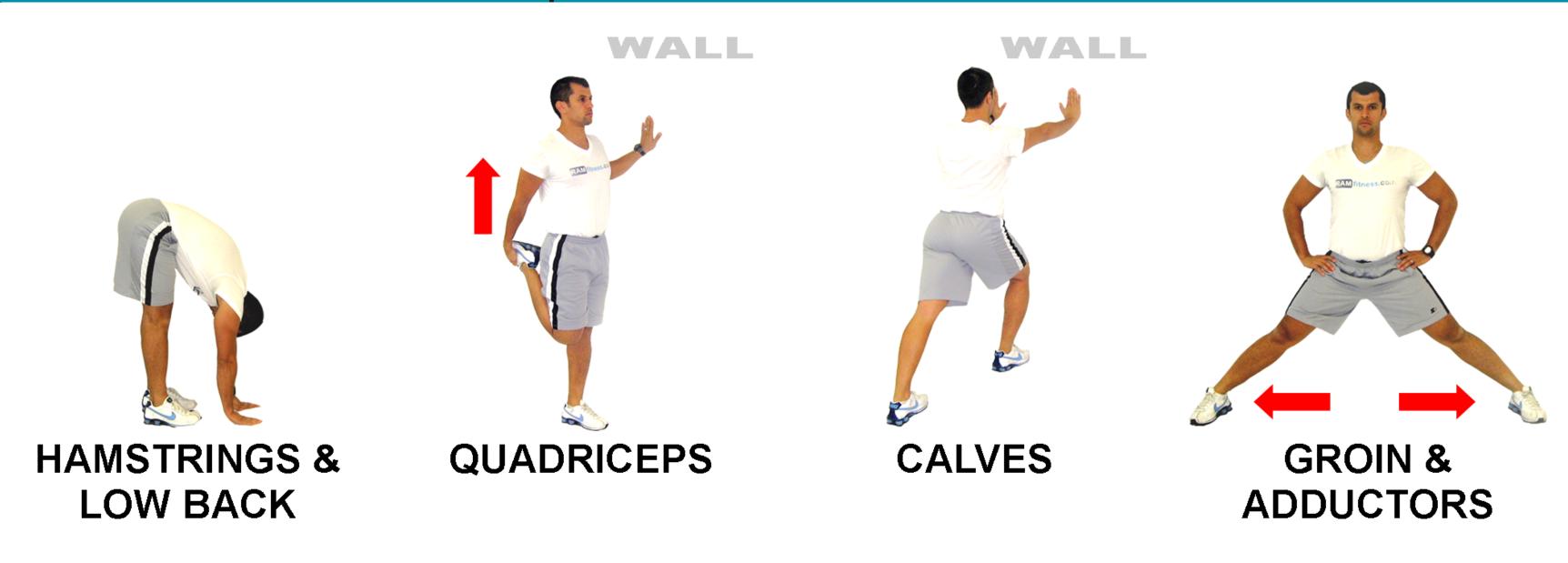
## Lower Body Stretch Hold each pose for at least 30 seconds







. . . . . . . . . . . .



ABDOMINAL



## **HAMSTRINGS & LOW BACK**





CALVES, HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



GLUTEAL & LOW BACK