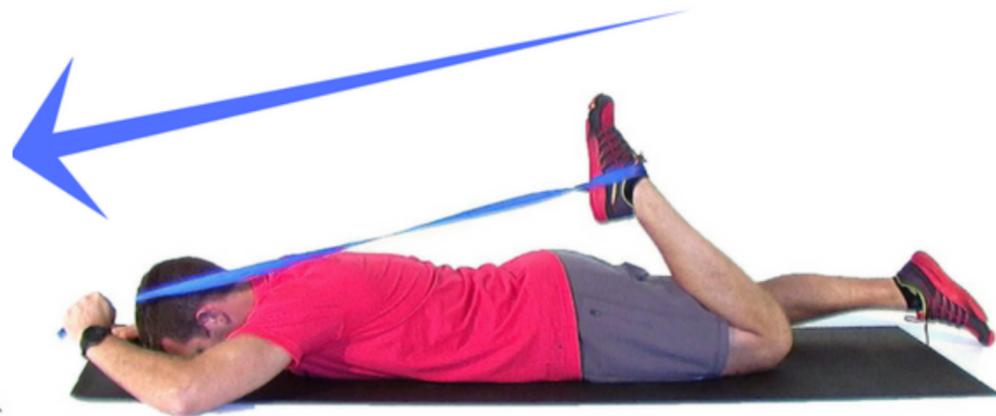


QUAD STRETCH

Hold each pose for at least 30 seconds



For a more advanced stretch try without pillow/pads