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Scan this QR code to follow along with this stretch

routine.



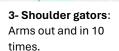
chin toward chest, move

Full-Body Stretches

Gabriela Murza



2- YTW: Form the letters Y, T, W 10 times (arms down to sides between each).





head side to side 10 times. Δ



4- Flexion/Extension: Hold for 15 sec. up then down, each hand.



8- Quadricep: Hold for 15 sec. each leg.





13-Hamstring: Hold for 15 sec. each leg.

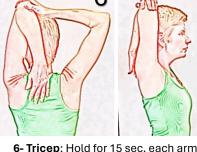


5- Overhead reach with side bend: Hold for 15 sec. each side.

9- Knees to chest: Lift each leg to chest 10 times.



14- Flexion/Extension: Tap foot up and down 10 times each.



6- Tricep: Hold for 15 sec. each arm.



10- Hurdle steps: Lift leg up and to the side 10 times each leg.

11- Calf: Hold for 15 sec. each leg.



7- Lateral hip openers: Move side to side 10 times.





12- Figure four: Hold for 15 sec. each leg (shown lying or sitting).



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