

# Stretching

Figure 1: Stretches of the Neck and Arm

Figure 2: Stretches of the Calf

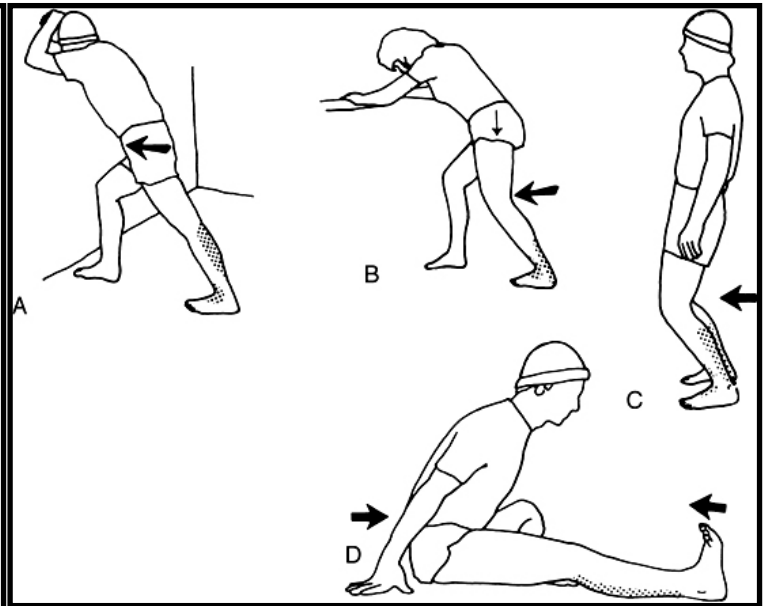
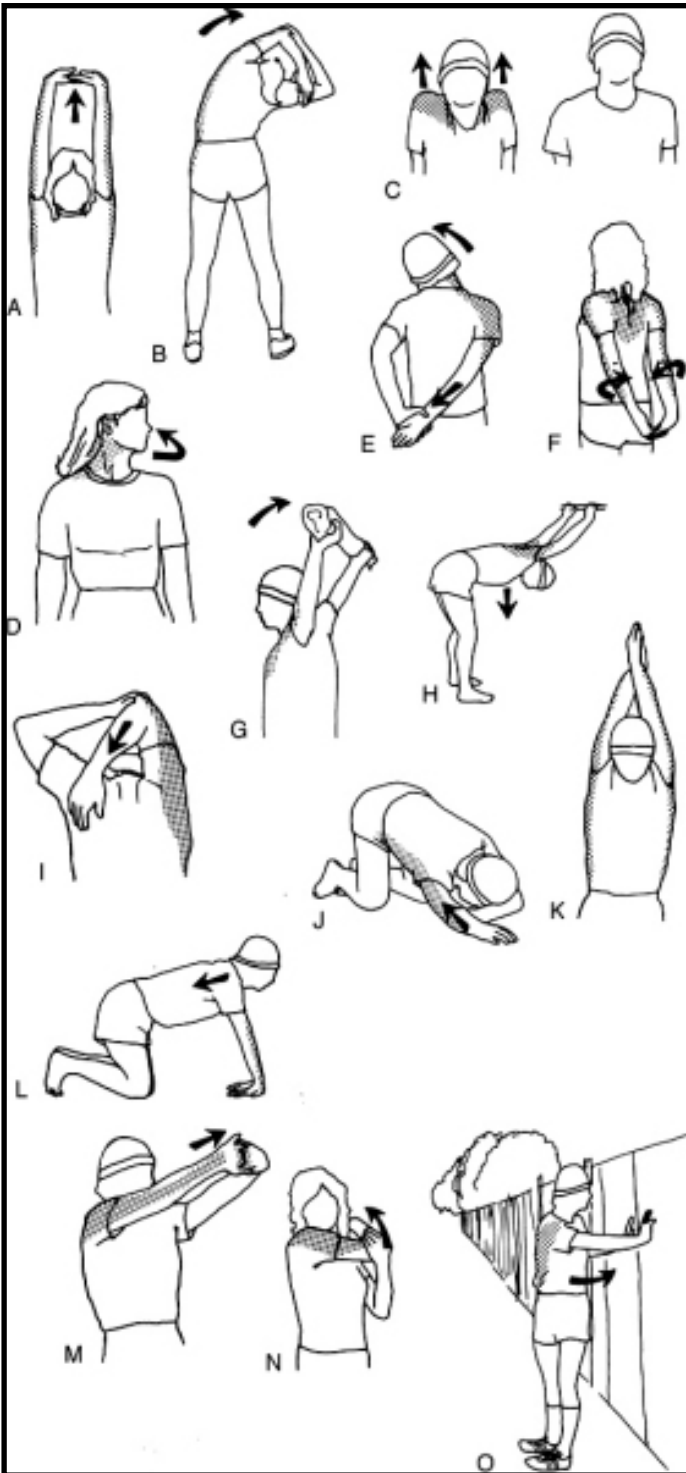
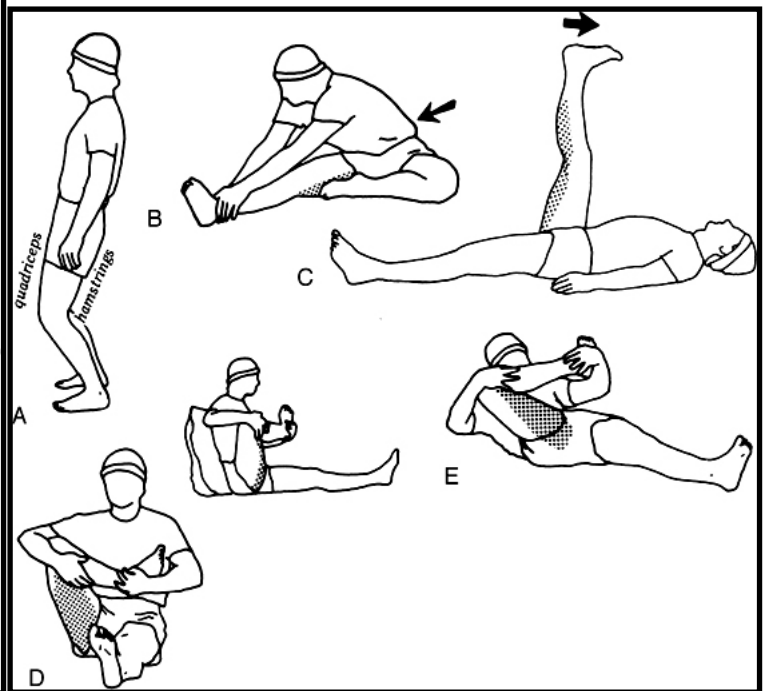


Figure 3: Stretches of the Hamstrings



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Figure 4: Stretches of the Quadriceps

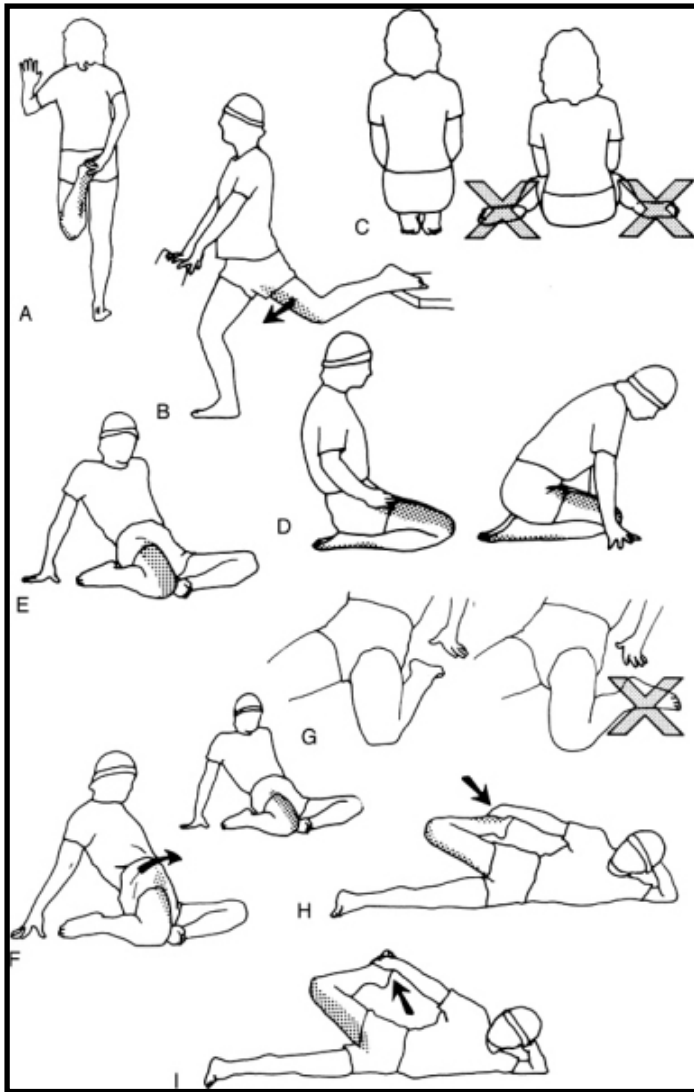


Figure 5: Stretches of the Back and Arms

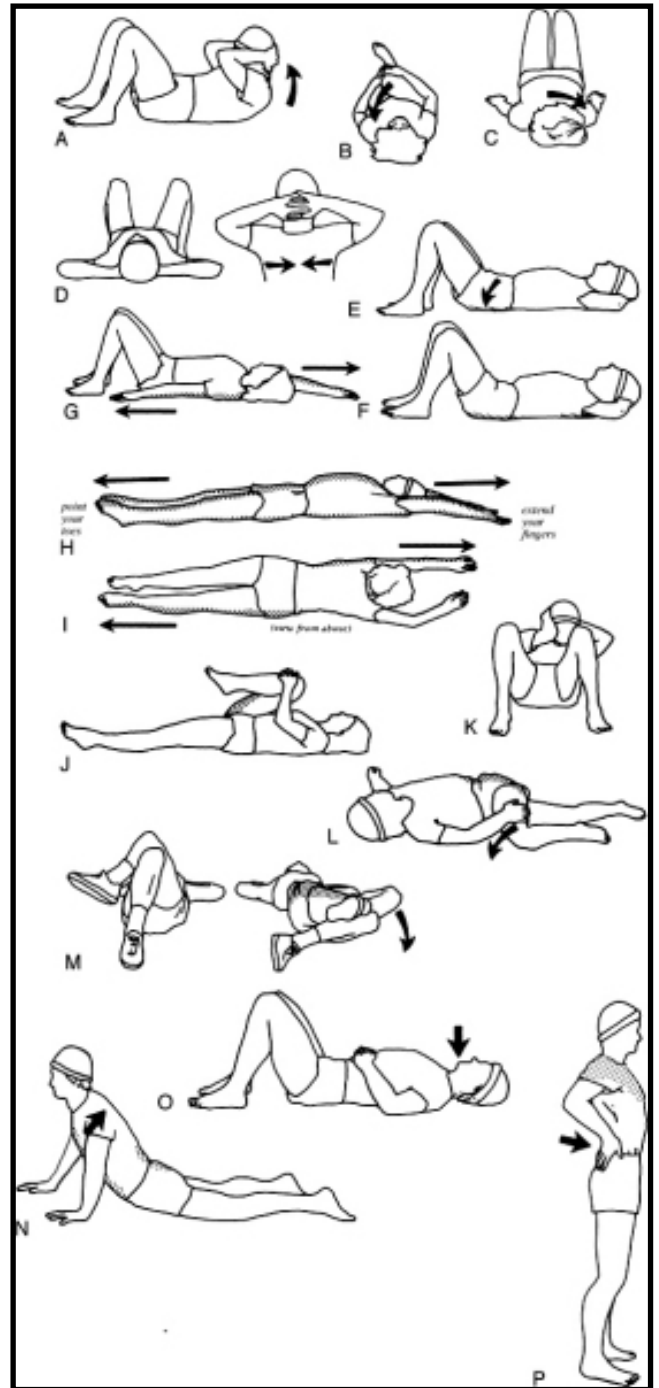


Figure 6: Stretches of the Groin and Buttocks

