



neck stretch
flexion / extension



neck stretch
lateral flexion



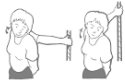
latissimus dorsi stretch
posterior deltoid



triceps stretch



shoulder rotator stretch



pectoral stretch
at 90° and 120°



bicep stretch



supraspinatus stretch



thoracic extension



lateral flexion



lumbar extension
and abdominal stretch



lumbar flexion stretch



lumbar rotation



hamstring stretch



adductor stretch



gluteal stretch



tensor fascia stretch



quadriceps stretch



hip flexor stretch



gastrocnemius stretch