



Seated Pigeon Stretch



Seated Pigeon Stretch



Hip Flexor Stretch



Hip Flexor Stretch



Calf Stretch
(Gastrocnemius & Soleus)



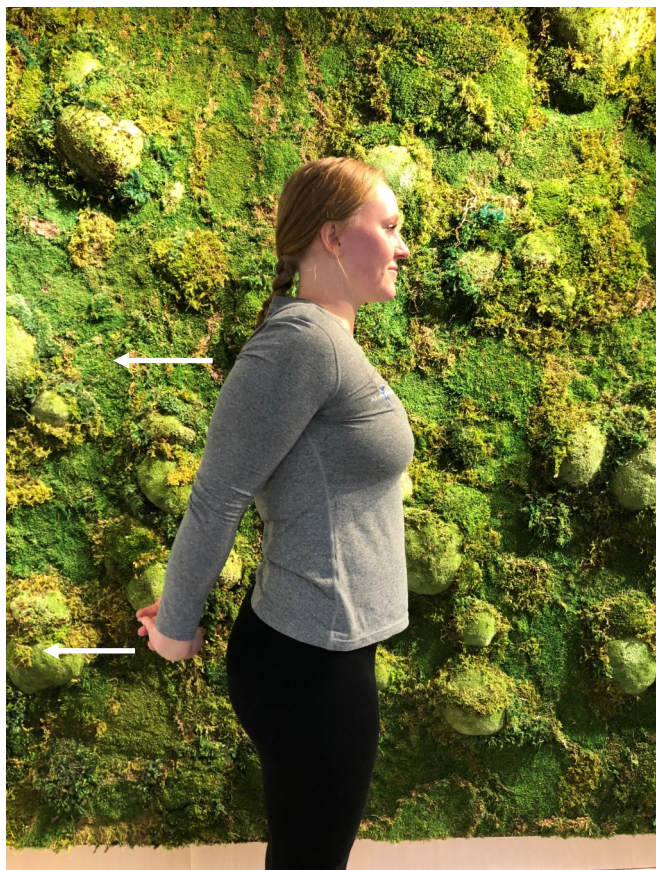
Calf Stretch
(Gastrocnemius & Soleus)



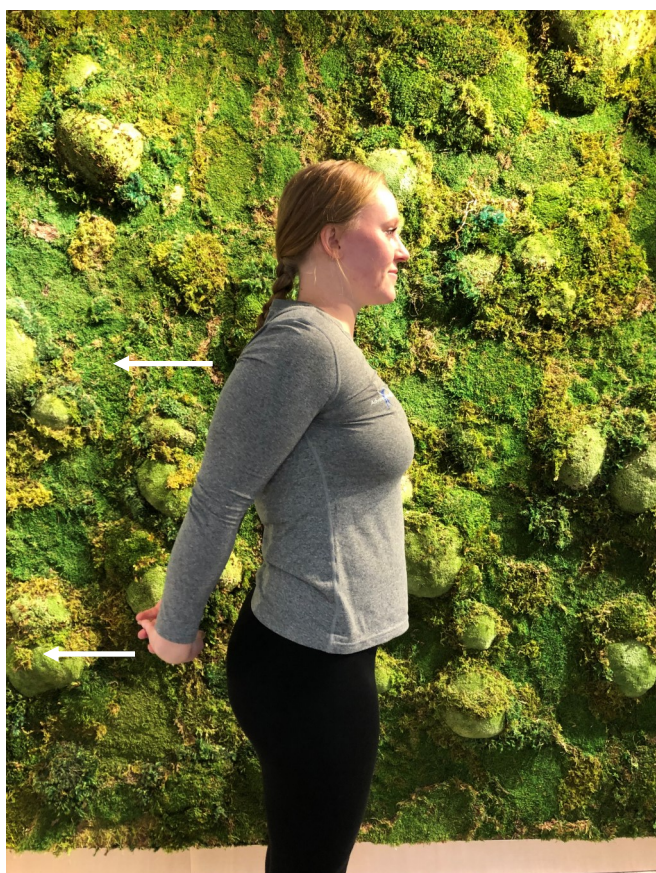
Chest Opener



Chest Opener



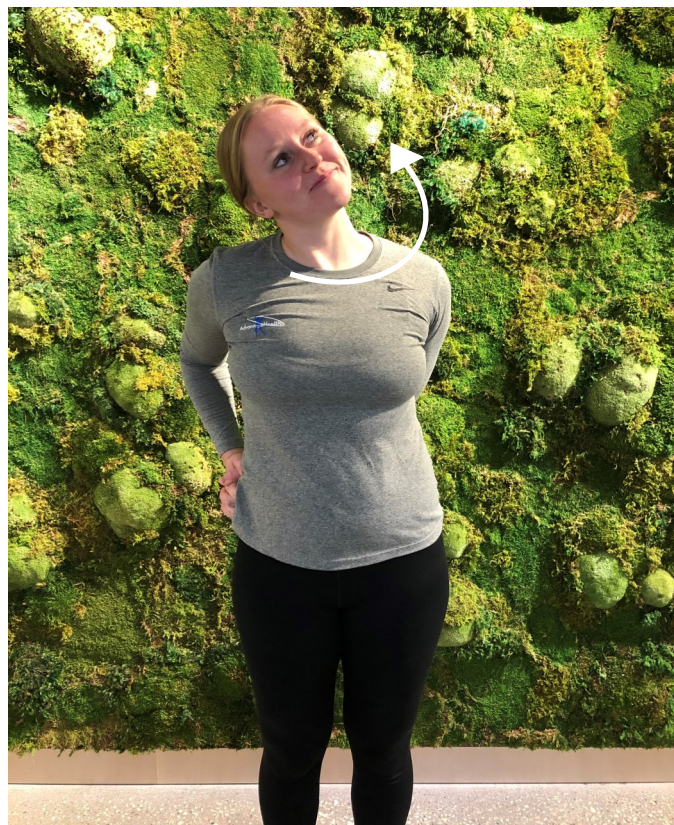
Neck & Shoulder Stretch



Neck & Shoulder Stretch



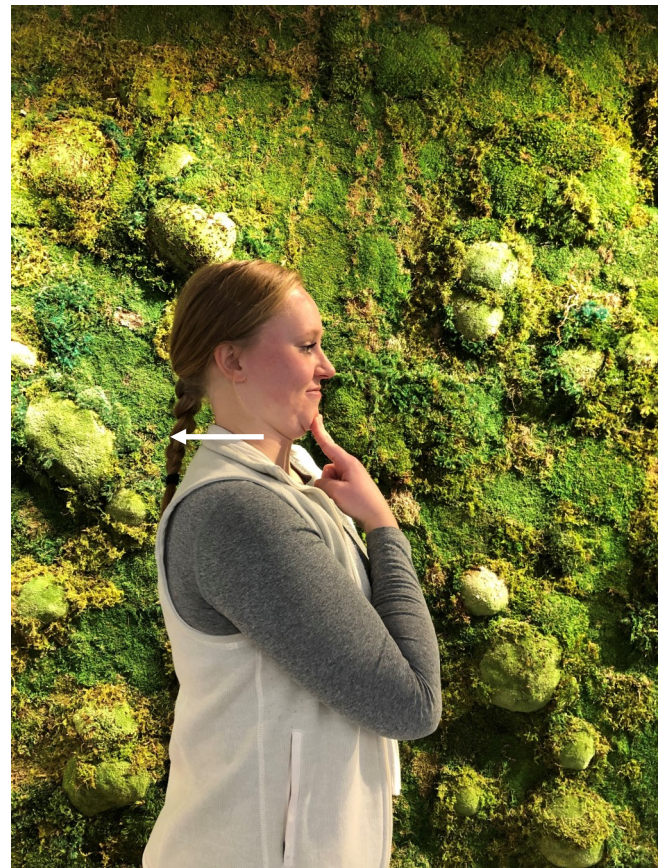
Neck & Shoulder Cont.
(SCM & Levator Scapulae)



Neck & Shoulder Cont.
(SCM & Levator Scapulae)



Chin Tucks



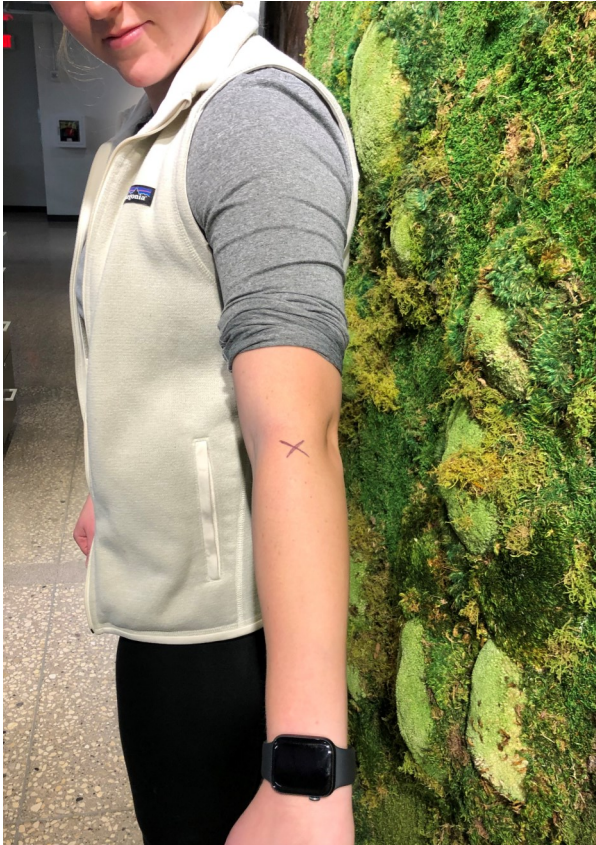
Chin Tucks



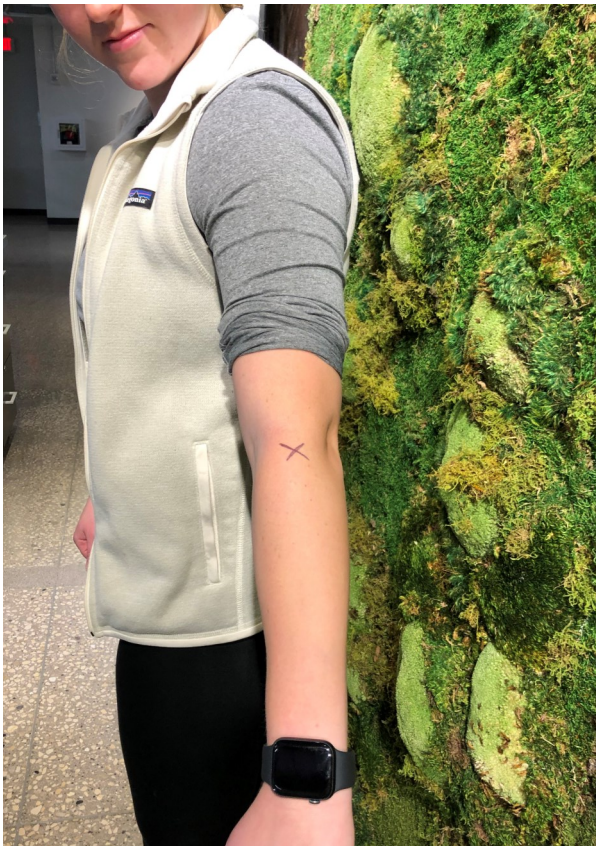
Forearm Stretch



Forearm Stretch



Forearm Massage



Forearm Massage



Core Stretch



Core Stretch