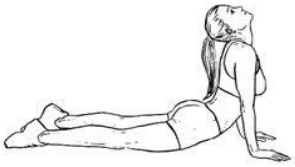
PRINTABLE WORKOUT
Full body stretch

Butterfly Stretch

Cat Back Stretch

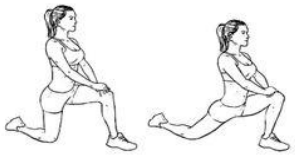


Cobra Abdominal Stretch / Old Horse Stretch

Gluteus / Glute / Gluteal Stretch

Hamstring Stretch

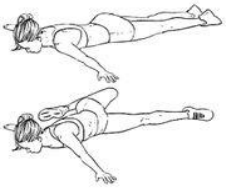
Knee-to-Chest Lower Back Stretch



Kneeling Hip Flexor Stretch

Neck Stretch

Overhead Triceps Stretch



Scorpion

Shoulder Stretch

Standing Quadricep Stretch