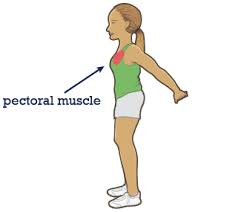
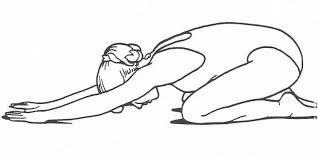
Stretch Routine B (with counterclockwise jog)





Trunk Muscles

Pectoral Stretch

Adductors

Lower Trapezius

Side-Lying Quadriceps Stretch

Leg Swings (Hamstring/Quad)

20 Shoulder Taps