

Stretching Exercises

by DAREBEE © darebee.com



shoulders



lower back



hamstrings



quads



inner thighs



hips

1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6