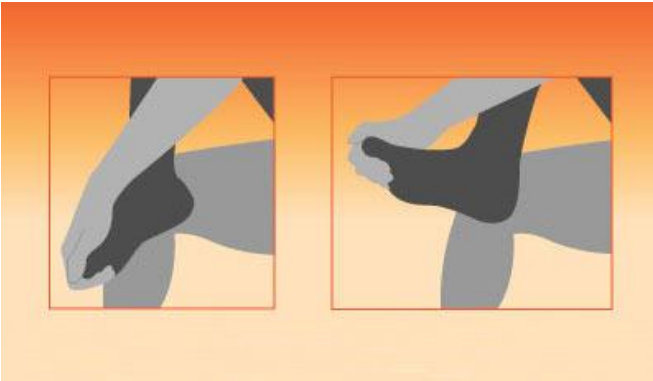
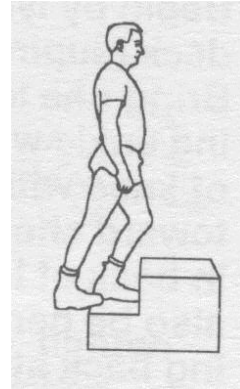


# Total Body Stretching Program

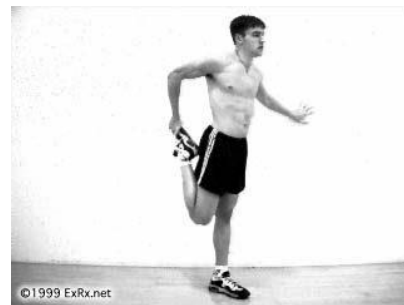
## FEET



## CALVES



## SHINS

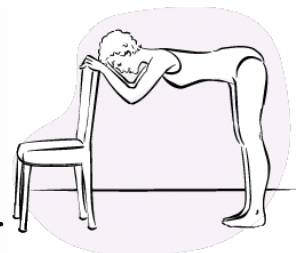
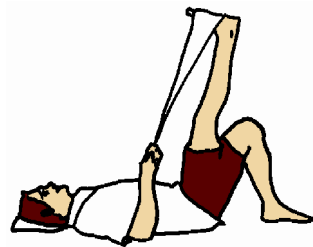


## HAMSTRINGS

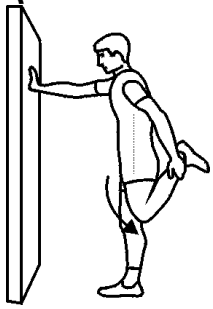
Hamstring stretch



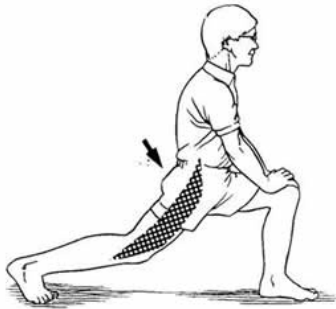
ADAM



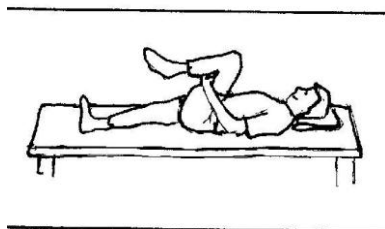
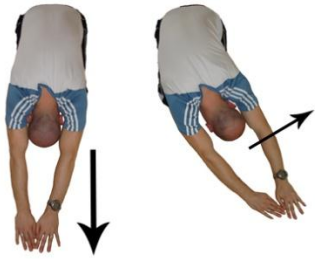
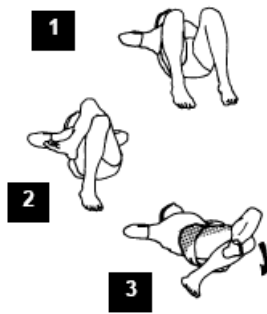
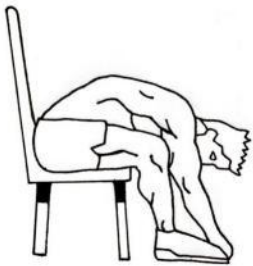
**QUADS**



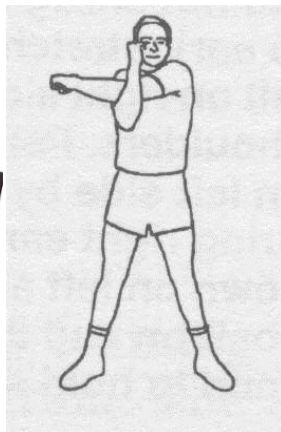
**HIP FLEXORS**



**LOW BACK**



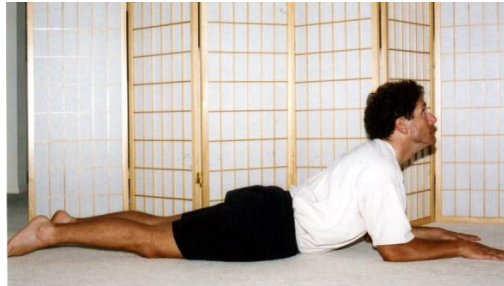
**UPPER BACK**



## SIDES



## STOMACH



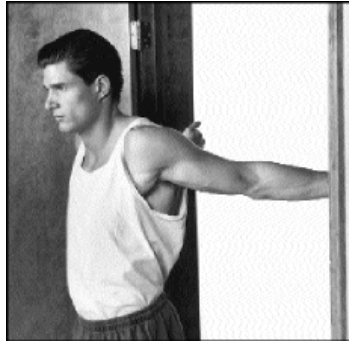
## SHOULDERS/ARMS



Posterior Shoulder Stretch



Anterior Shoulder/Chest Stretch



## NECK



Neck Rotation



Neck Flexion



Lateral Neck Stretch

### NECK AND SHOULDER STRETCH

This stretches the sternocleidomastoid, pectoralis major, and deltoid muscles.



**Position:** Stand with the feet shoulder width apart and the arms behind the body.

**Action:** Grasp the left wrist with the right hand. Pull the left arm down and to the right. Tilt the head to the right. Hold this position for 10 to 15 seconds. Repeat the action with the right wrist, pulling the right arm down and to the left. Tilt the head to the left.