



Basic Stretching Routine

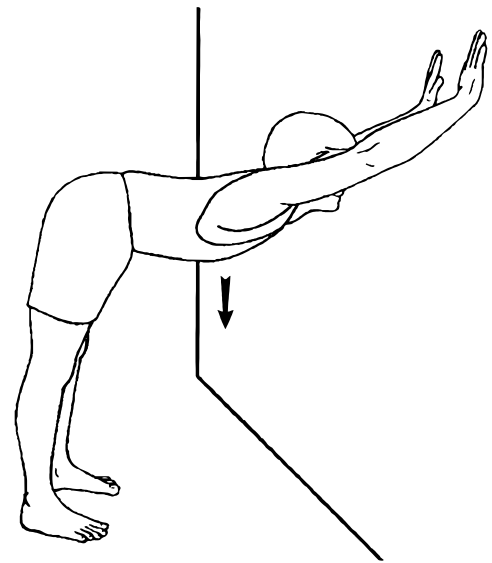
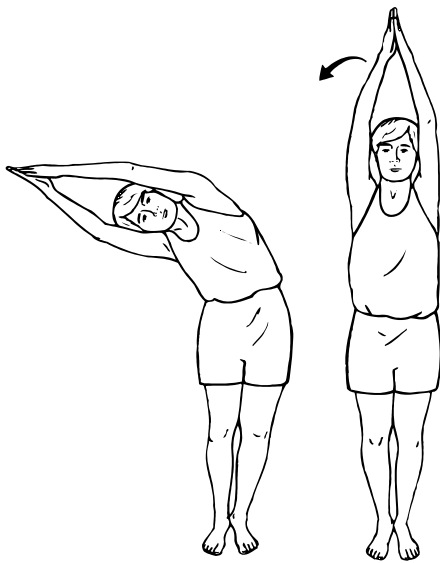
Created By: Mark Pearson

Warm-up first by walking in place for 5 minutes

Hold Each Stretch for 15 to 30 seconds

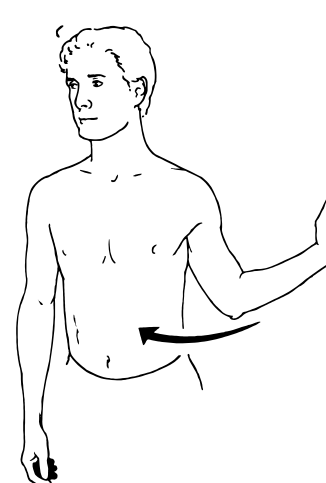
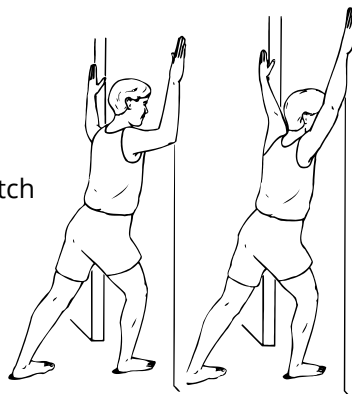
Don't bounce

Breathe and Relax through each stretching exercise



CHEST - 6 Pectorals

Slowly stretch forward until you feel a light stretch in your shoulders.





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