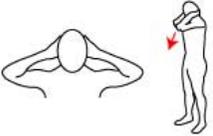




	<p>Abdominal Stretch Lying (413)</p> <p>Muscle Group: Abdominals</p>	<p>really reach up !! hold for 1min</p>	<p>3</p>												
	<p>Inner Thigh Stretch (200)</p> <p>Muscle Group: Quadriceps</p>	<p>pull yourself over , dont push your legs down !! hold for 1min</p>	<p>3</p>												
	<p>Chest Stretch Kneeling (128)</p> <p>Muscle Group: Chest</p>	<p>hold for 30 sec each side</p>	<p>3</p>												
	<p>Neck Stretch - Variation (300)</p> <p>Muscle Group: Back</p>	<p>gently pull your hd down towards your chin and then let it go all the way up looking up at the sky. do slowly and allow 30sec</p>	<p>3</p>												
	<p>Upper Back and Shoulder Stretch (321)</p> <p>Muscle Group: Back, Shoulders</p>	<p>hold for 30 sec each</p>	<p>3</p>												