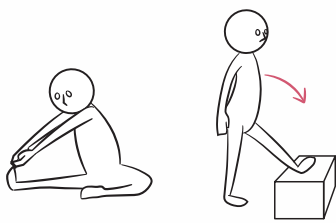




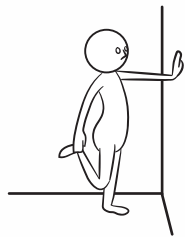
Examples of STRETCHES and BODYWEIGHT EXERCISES to try at home

FLEXIBILITY

Hamstring Stretch



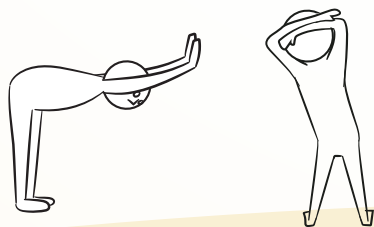
Quadriceps Stretch



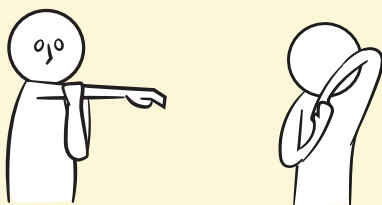
Lower Back Stretch



Lat Stretch

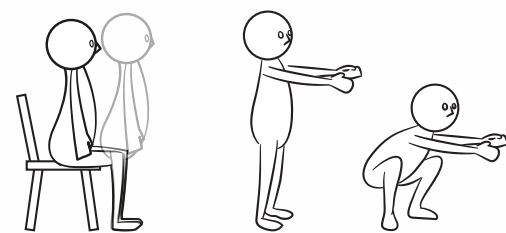


Shoulder Stretch

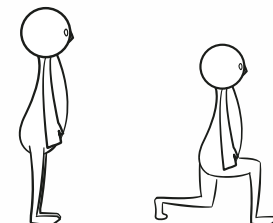


STRENGTH

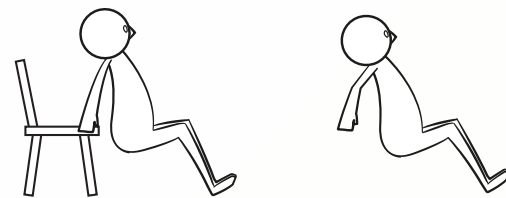
Sit-to-Stands or Bodyweight Squat



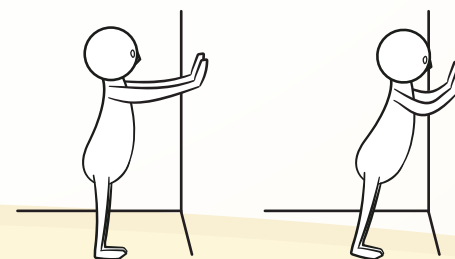
Lunge



Tricep Dips



Wall Push Ups



Sit Ups

