

POST EXERCISE STRETCHES:

①

BACK OF THIGH
(HAMSTRINGS)

②

OUTER THIGH & BUM
(ABDUCTORS & GLUTIUS MAXIMUS)



③

LOWER BACK
(ERECTOR SPINAE)

④

FRONT OF THIGH.
(QUADROCEPS)



⑤

STOMACH
(RECTUS ABDOMINUS)

⑥

INNER THIGH.
(ADDUCTORS)



⑦

CALF
(GASTRONEMIUS
& SOLEUS)

⑧

TRUNK
(INTERNAL &
EXTERNAL OBLIQUES)

