

full body stretch

stuart owen
personal training
...it's all about you

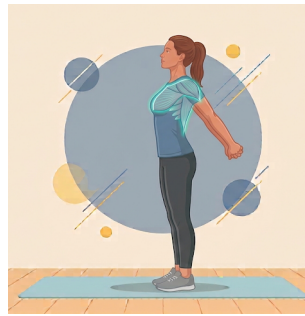
These images are not technically accurate and are intended as a reminder only



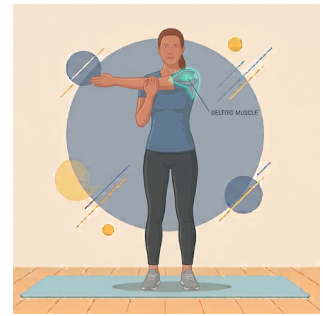
Back



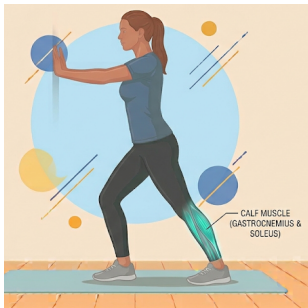
Upper Back



Chest



Shoulder



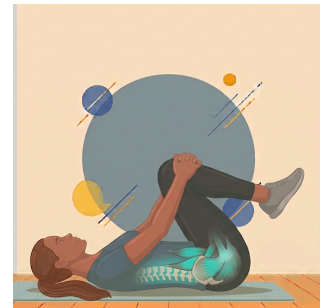
Calf



Quad



Hip Flexors



Lower Back



Glutes



Hamstrings