

Post Workout Stretch Routine

- 10 x World's Greatest Stretch
- :30 Kneeling Quadriceps Stretch Right
- :30 Kneeling Quadriceps Stretch Left
- :30 Standing Hamstring Right
- :30 Standing Hamstring Left
- :20 Lateral Hip Openers
- :20 Low Back Stretch Left
- :20 Low Back Stretch Right
- :30 Figure Four Stretch Right
- :30 Figure Four Stretch Left
- :30 Butterfly