



Stretches to Open the Upper Body



NECK



SHOULDERS



**SHOULDERS &
RHOMBOIDS**



CHEST



**SHOULDERS
& CHEST**



TRICEPS



**BICEPS &
FOREARMS**



**BICEPS &
FOREARMS**



LATS



BACK & LATS



OBLIQUES



Stretches to Open the Lower Body



**HAMSTRINGS &
LOW BACK**



QUADRICEPS



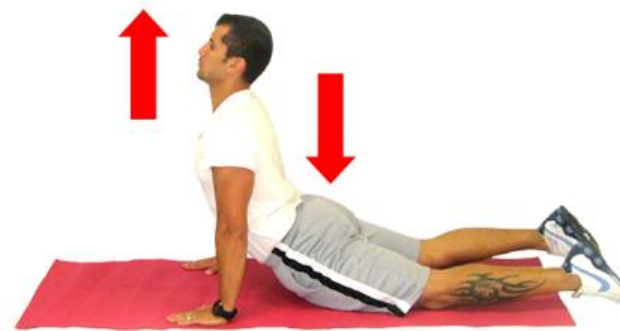
CALVES



**GROIN &
ADDUCTORS**



FULL BODY



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



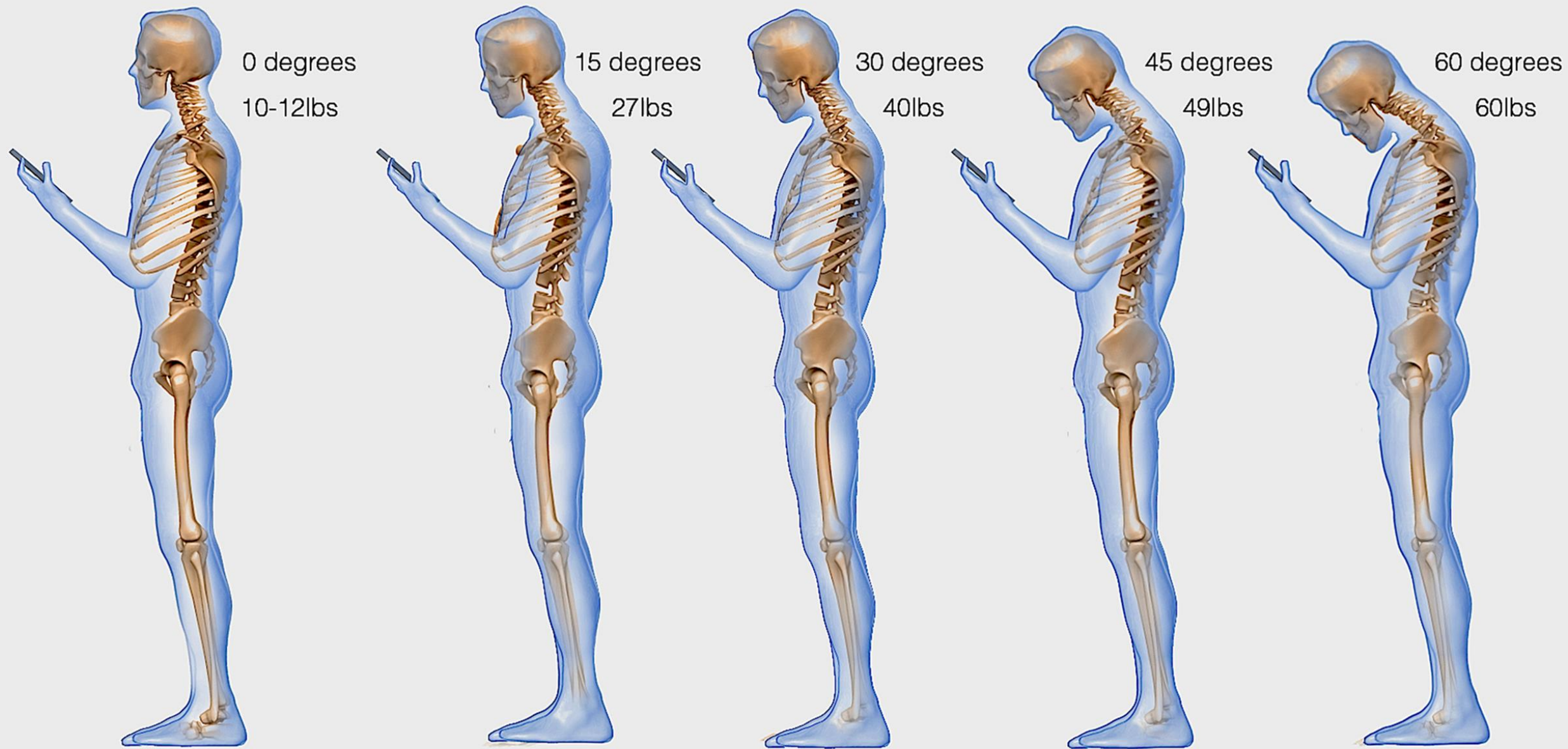
**CALVES, HAMSTRINGS &
LOW BACK**



**GLUTEAL &
ABDUCTORS**



**GLUTEAL &
LOW BACK**



TYPES OF SCOLIOSIS

