

Rehabilitation

As most of you would know, stretching is a great way to relax. It also plays a large role in recovery, injury prevention, and of course, flexibility.

- Always stretch both sides of your body, and do so for an even amount of time (e.g. 20-30 seconds on each side).

Stretch Routine

Lower Body

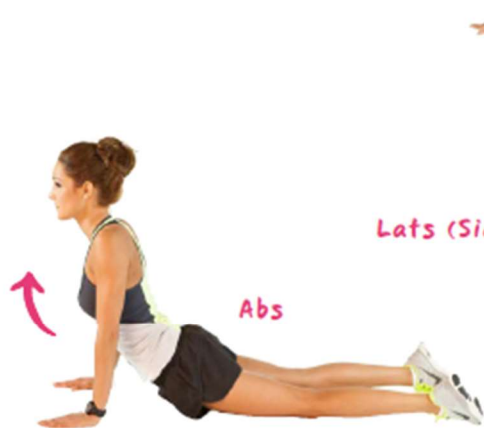


*TIP: this can also be done lying on your back, making a "figure 4" with your legs, "threading" arms through legs (personal preference + easier on knees)

Stretch Routine

Upper Body

bikini
BODY
guide 2.0



Lats (Sides)

