

STRETCH & FLEX DAY B



HIP HINGE ARM SWINGS

2 sets
20 reps



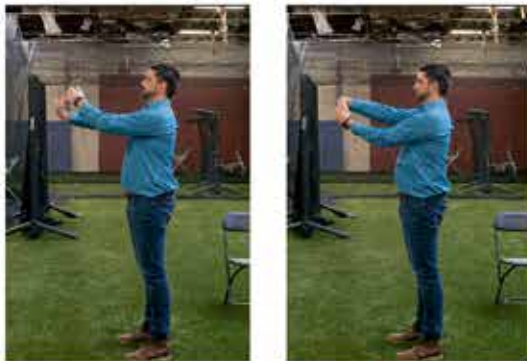
REACHING BEHIND THE BACK

2 sets
5 reps each side



STEP BEHIND AND LEAN OVER

2 sets
7 reps each side



FOREARM STRETCH

2 sets
5 reps each side with 5
second hold at end range



HEEL RAISES

2 sets
10 reps each side