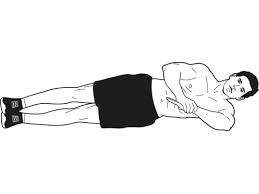
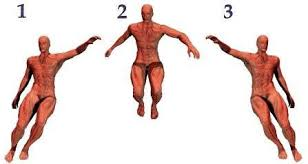
Stretch Routine A (with clockwise jog)



Piriformis

Groin (Sumo Stretch)

Latissimus Dorsi

Scalenes

Gastrocnemius

Rotator Cuff (Sleeper Stretch)

10 Ski Jumps