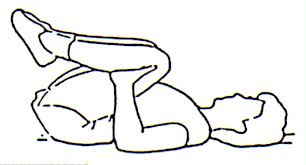
Stretch Routine C (with clockwise jog)



Sternocleidomastoid

External Rotators (Cradle)

Lower Back

Abdominals (Cobra)

Hamstrings

Hip Flexors (Pigeon)

30sec Rocket Man