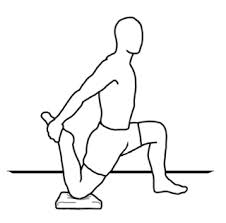
Stretch Routine E (with clockwise jog)



Adductors

Neck Circles

Hip Flexor

Lower Back

Quadratus Lumborum

Levator Scapulae

10 Tuck Jumps