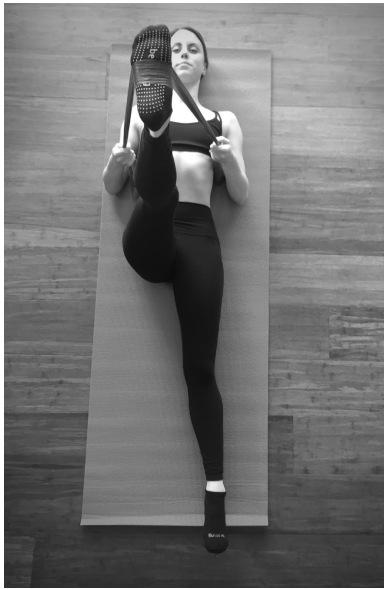


How To Stretch

Stretching every day will not only help increase your flexibility but help ease those daily aches and pains. Just follow these steps.

START



STEP 01

Hamstring



Inner Thigh

STEP 02



Glut

STEP 03

IT Band

STEP 04

Repeat on other side.