

# Stretching Guide

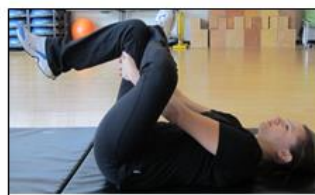
Stretching should be done 5-7 times a week, including after each workout, and each stretch should be held for 30 seconds and repeated twice. *The following are stretches for each main muscle group.*



Hamstrings



Adductors



Glutes



Hip Flexors



Quadriceps



Calves



Upper Back



Chest



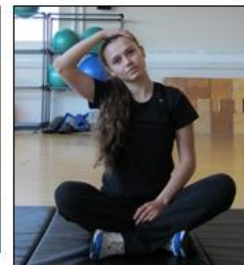
Shoulders



Abdominals



Lower Back



Neck