



1. Calf stretch 02599



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

2. Soleus stretch 02692



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

3. Quadriceps stretch 02626



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

4. Hip flexor stretch 02633



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

5. Yoga 02533



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

6. Buttock stretch 02765



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

7. Yoga 02520



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

8. Back extension lat dorsi stretch 02664



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

9. Anterior shoulder chest stretch 02711



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.

10. Hamstrings stretch 02778



Hold this stretch for 20-30 seconds and repeat 2-3 times before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing.