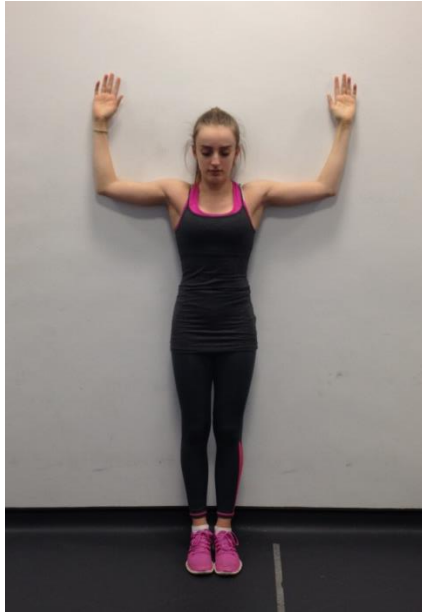
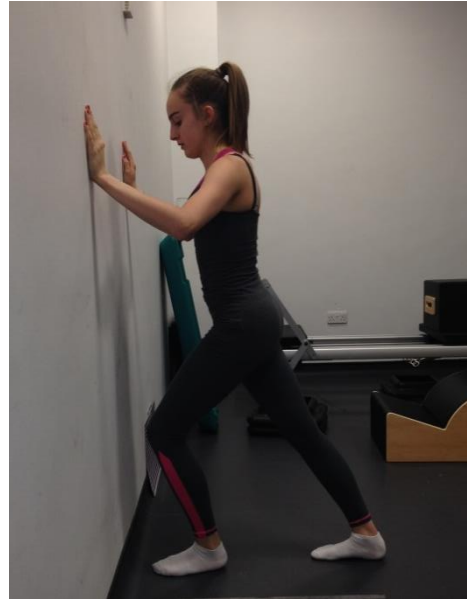


Release Work & Stretches

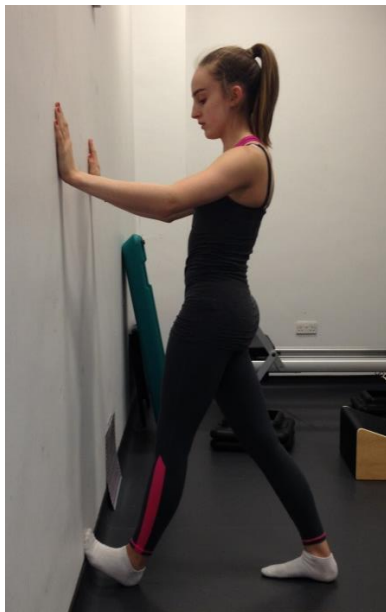
Wall Angels



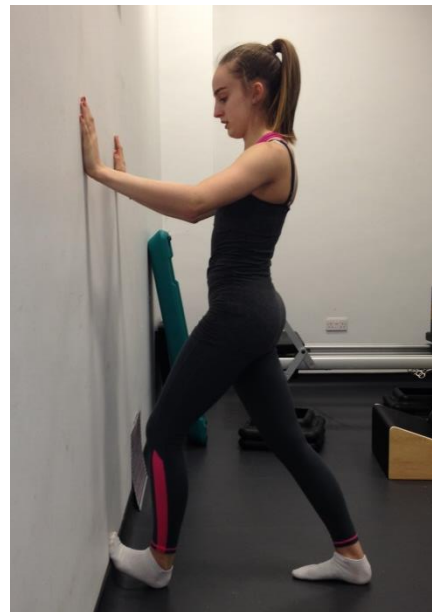
Calf – Straight leg behind



Calf – Straight leg in front



Calf – Knee to wall



Down Dog – Alternate heel press



Shell Stretch



Hip Flexor with Arm OH



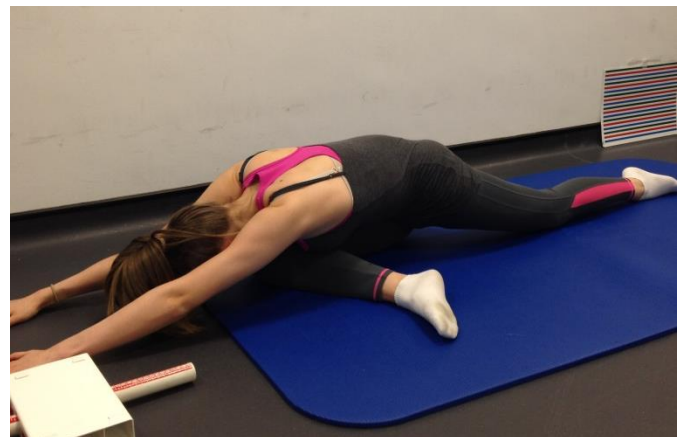
Hip Flexor with Quads



Proud Swan



Sleeping Swan



Twister



Mermaid



Clocks



Tennis Ball / Peanut

Upper back / Lower back / Pecs / Lats / Hip flexors / Glutes / Lower calf / Feet



Foam Roller

Quads/ ITB / Adductors / Hamstrings / Calf / Upper back / Side

