

Calves



Function

Calves



Strengthening

Calves



Stretching

Quadriceps



Function

Quadriceps



Strengthening

Quadriceps



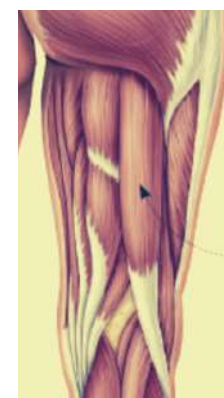
Stretching

Hamstrings



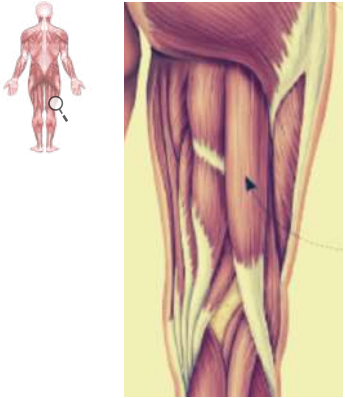
Function

Hamstrings



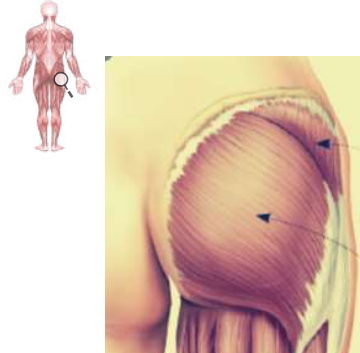
Strengthening

Hamstrings



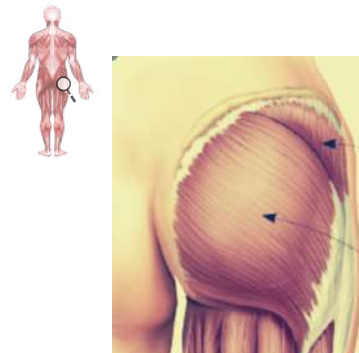
Stretching

Gluteus



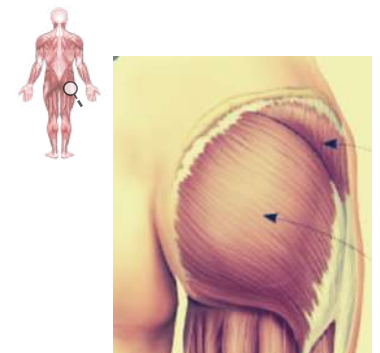
Function

Gluteus



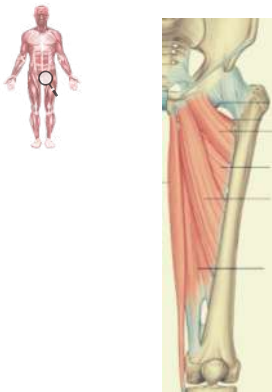
Strengthening

Gluteus



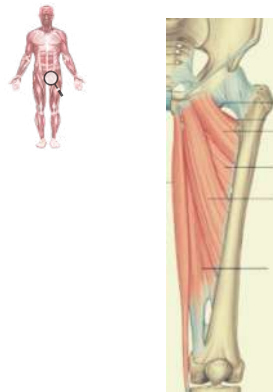
Stretching

Adductors



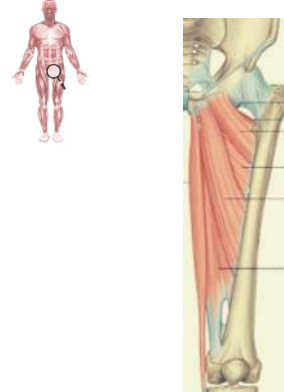
Function

Adductors



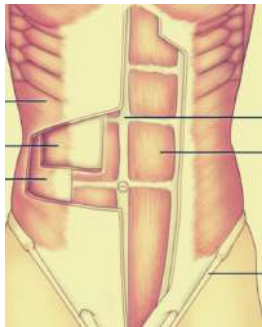
Strengthening

Adductors



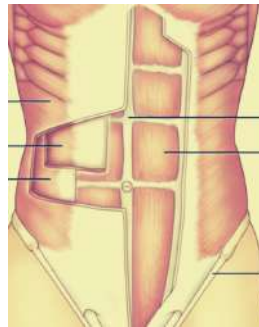
Stretching

Abdominals



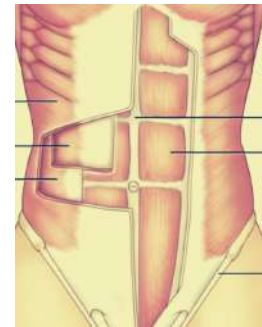
Function

Abdominals



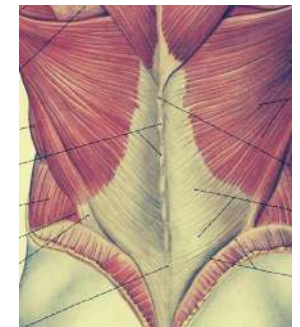
Strengthening

Abdominals



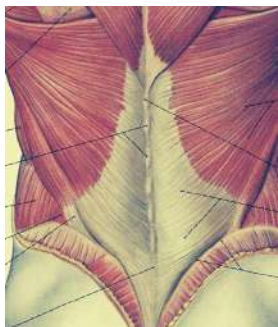
Stretching

Lumbar



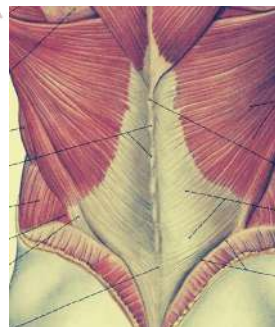
Function

Lumbar



Strengthening

Lumbar



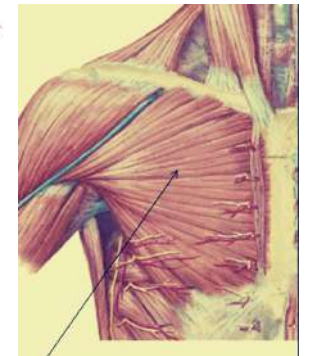
Stretching

Pectorals



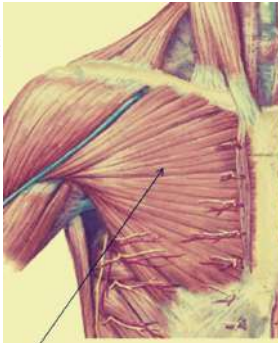
Function

Pectorals



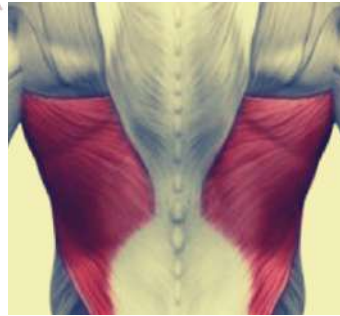
Strengthening

Pectorals



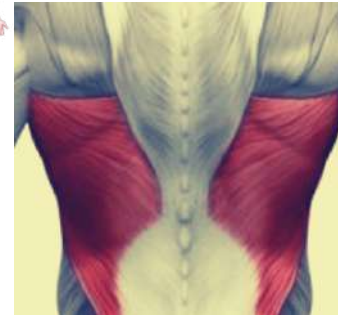
Stretching

Dorsals



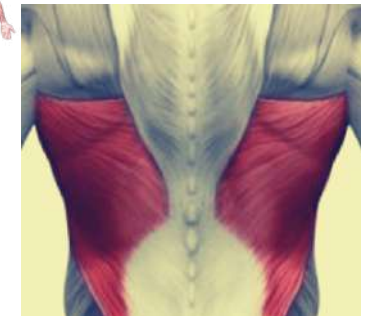
Function

Dorsals



Strengthening

Dorsals



Stretching

Trapezium



Function

Trapezium



Strengthening

Trapezium



Stretching

Deltoids



Function

Deltoids



Strengthening

Deltoids



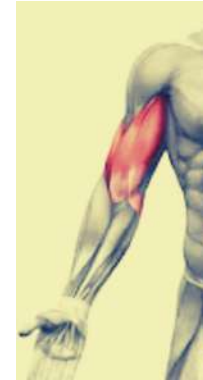
Stretching

Biceps



Function

Biceps



Strengthening

Biceps



Stretching

Triceps



Function

Triceps



Strengthening

Triceps



Stretching