

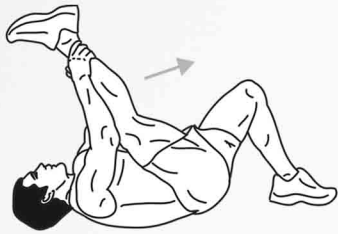
BOWMAN

PNF STRETCHING @ darebee.com

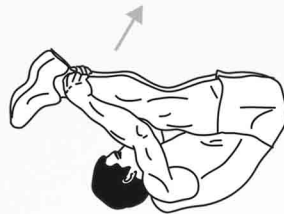
60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets

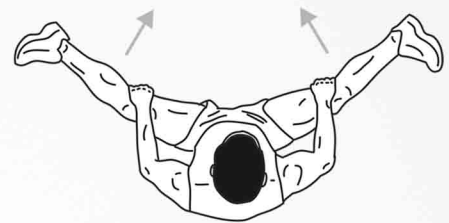
Pull for 15 seconds while resisting. Relax and pull again.



leg to chest stretch



legs back stretch



legs apart stretch



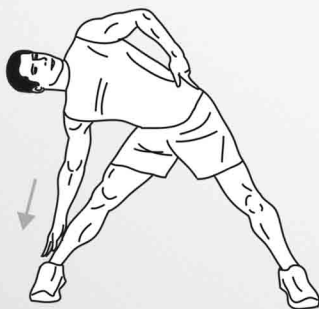
heel hold stretch



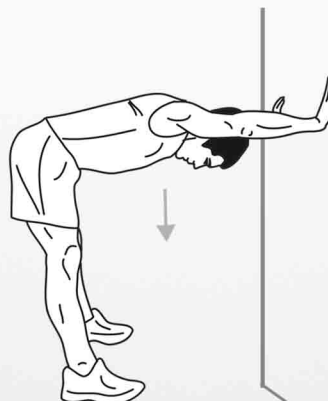
lunge back stretch



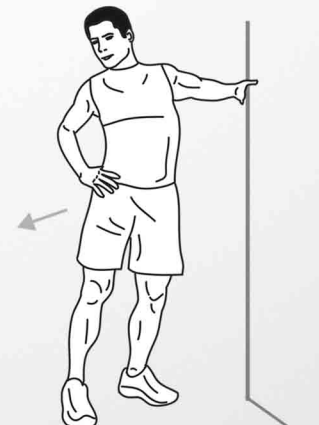
lunge tilt stretch



side stretches



wall bent over



wall body tilt