

STRONGHOLD

STATIC STRETCHING @ darebee.com

60 seconds each 30 seconds each leg / arm

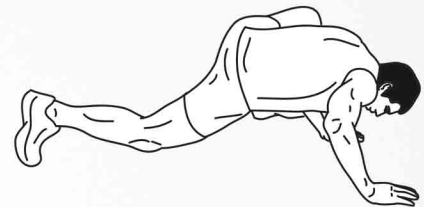
3 sets | up to 2 minutes rest between sets



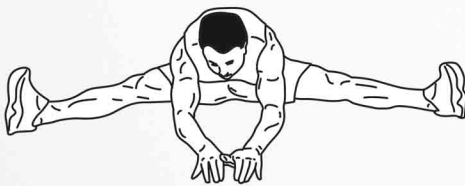
lunge stretch hold



toes under feet hold



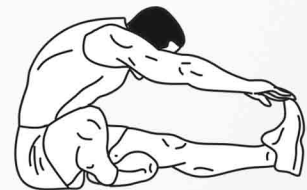
groin stretch hold



body fold hold



hamstring #1 hold



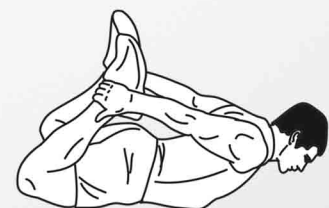
hamstring #2 hold



knee to chest hold



knees to chest hold



bow fold hold