

Proper Stretching Mechanics

Plantar Fascia



Carpal Tunnel



Neck



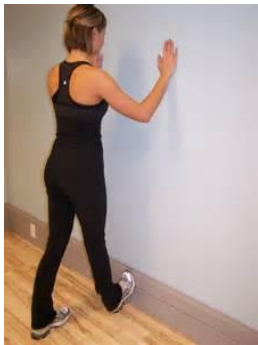
Hip Flexor



Gluteals



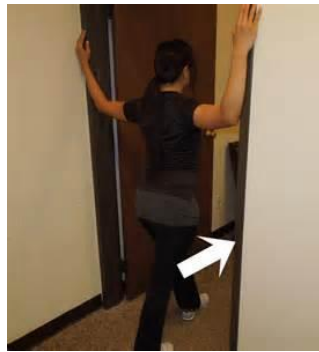
Calf



Low Back



Pectorals (chest)



Hamstring

