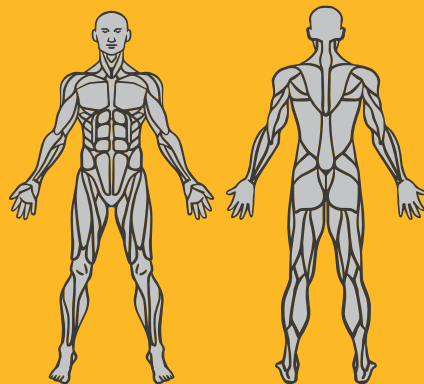


How-to Workout STRETCHING

Full Body



Cardio



Conditioning



Strength

Did you know?

Stretching at the end of your workout is an important component to any fitness program.

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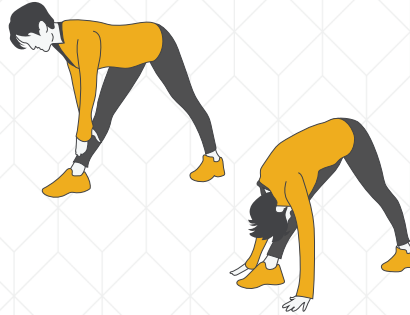
Please see a host to upgrade

Fit 4 Less

Hold each for 10-15 seconds and repeat with opposite side of the body.



High Lunge



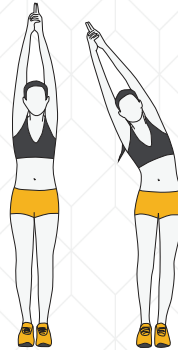
Pyramid Pose



Butterfly



Downward-Facing Dog



Side Bend



Seated Hamstring and Hip Stretch

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