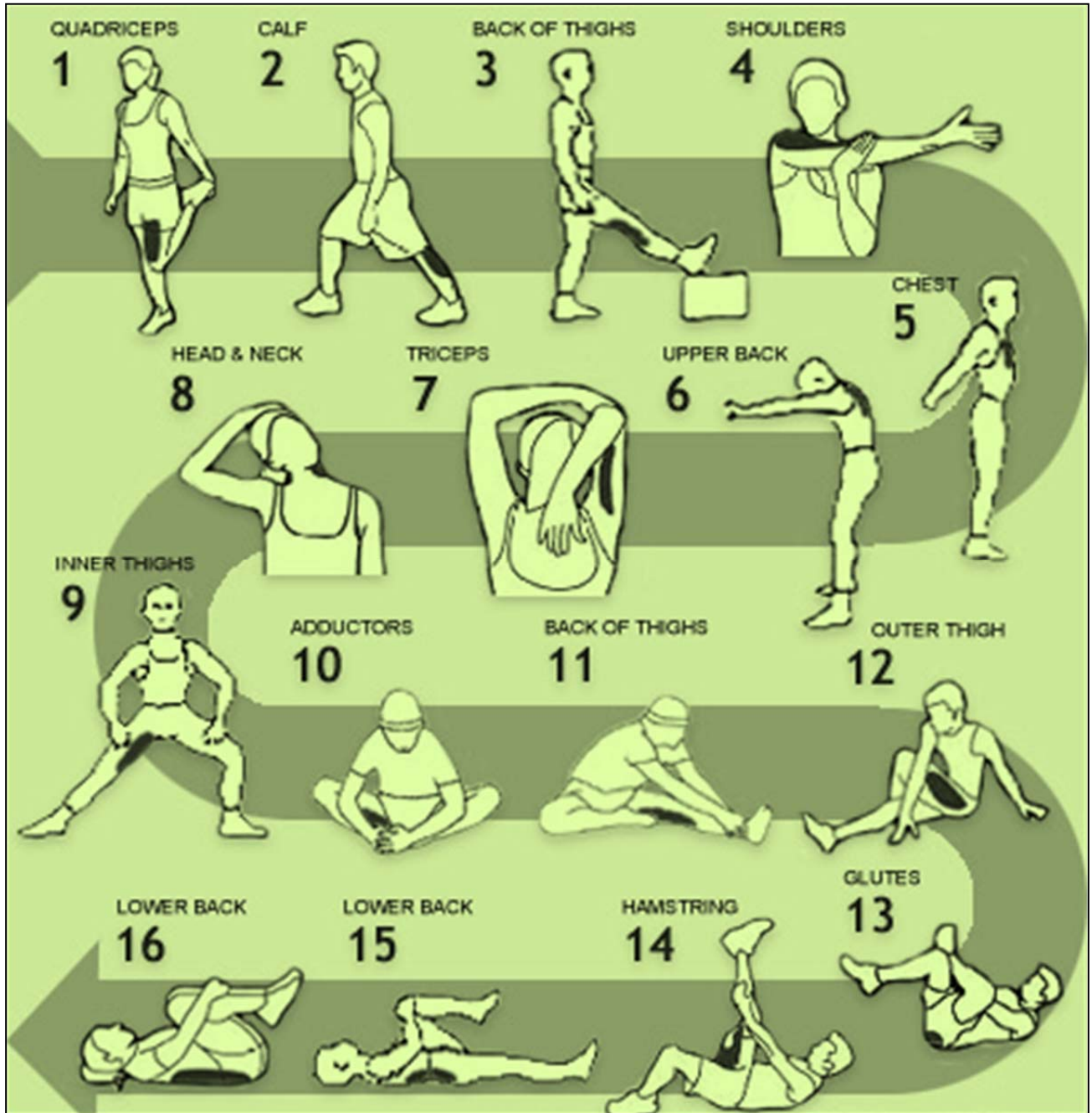


Stretching Exercises



These exercises should be used *after* training and competition