

ROCK CITY FITNESS

FLEXIBILITY EXERCISES



LYING CROSS OVER



TRICEPS



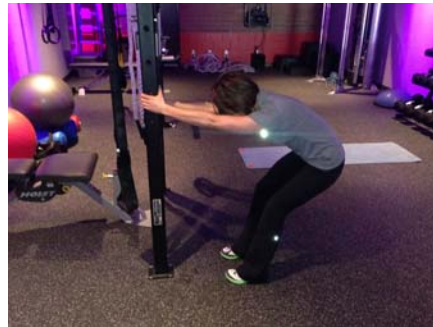
POSTERIOR SHOULDER



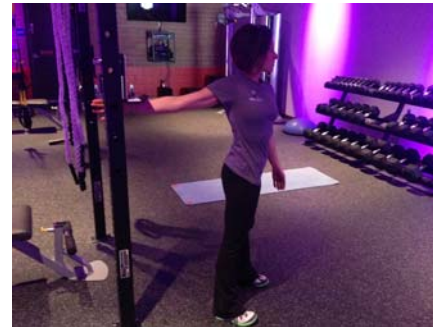
ANTERIOR SHOULDER



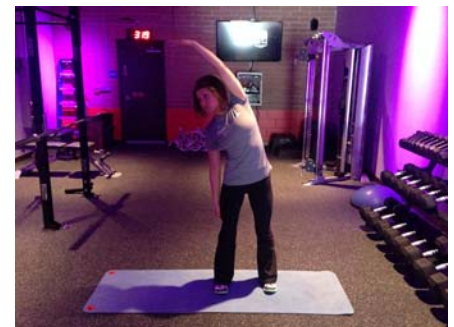
LAT/CHEST



LAT/LOWER BACK



CHEST



LATERAL TRUNK

GUIDELINES:

PERFORM AFTER FOAM ROLLING AND/OR AT END OF WORKOUT.

STRETCH TO THE POINT OF SLIGHT DISCOMFORT. DON'T BOUNCE.

HOLD STRETCH FOR 20-30 SECONDS.



ROCK CITY
FITNESS