

Stretches

1.	chest
2.	upper back
3.	back of arms
4.	calf
5.	back of thighs
6.	back of thighs
7.	front of thighs
8.	front of thighs
9.	outer thighs
10.	inner thighs
11.	inner thighs
12.	lower back
13.	lower back
14.	lower back
15.	torso

