

# *full body* *stretch*

by DAREBEE  
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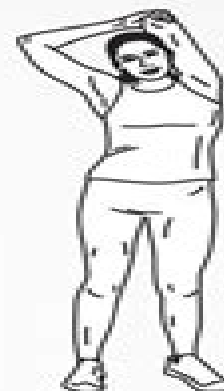
40 seconds  
each exercise.



neck stretch



shoulder stretch



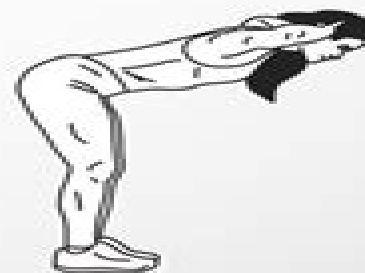
tricep stretch



pelvic stretch



quad stretch



forward bend

# Stretching Basics

**Roberto Maccadanza**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Stretching Basics:**

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