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Fabufit
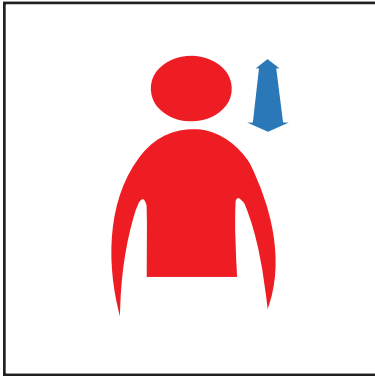*the fabulous circle of health*

Stretching Exercises
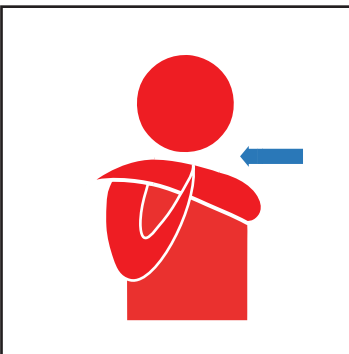
Neck Stretch

ST-01

ST-02

- Stretch before your workout.
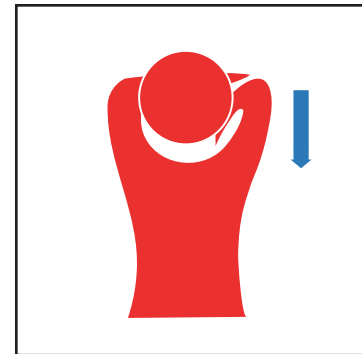- Stretch briefly between sets of workout.

Shoulder and Tricep Stretch

ST-03

ST-04

- Stretching increases range of motion and recovery.
- Do not bounce as you stretch.
- Be careful not to hold your breath.

Back and Bicep Stretch

ST-05

- Hold each stretch about 15 to 20 seconds.

Chest and Shoulders

ST-06