

STRETCHING



Hamstring Stretch



Quadriceps Stretch



Calf Stretch



Adductor Stretch



Shoulder Stretch



Pectoral Stretch

STRENGTH



Squat



Deep Squat



Wide Stance Squat



Lunge



Calves



Pelvic Bridge



Lat Dip



Push Up



Triceps Dip



Bicep Curl



Bent Over Pull



Shoulder Press



Front Raise



Lateral Side Raise



Abdominal Crunch



Lower Abdominals



Standing Abdominals



Lateral Abdominals

RELAXATION



Shoulder and neck relaxor



Lower back relaxor



Upper body relaxor



Back Relaxor

MASSAGE



Calves Massage



Upper Arm Massage



Quadriceps Massage



Adductor Massage



Abductor Massage



Hamstring Massage