

# THE HOME STRETCH

Lengthen and loosen your muscles with these easy to do stretches

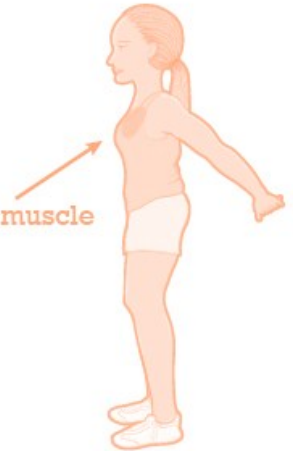
triceps muscle



deltoid muscle



pectoral muscle



**COMPLETE A 5-10 MINUTE  
WARM-UP FIRST**

Then

Hold each stretch for 30 seconds.

Try to do this daily

quadriceps muscle



calf muscle



hamstring muscle



**KIM**  
Keep It Moving Fitness

calf muscle

groin muscle

