

THE ALL BODY STRETCH ROUTINE

This routine is designed to stretch your whole body in approx 12 minutes

It is best to include it after an exercise session at least once per week

Please follow the stretches as recommended by Gavin in your consultation

If you experience pain then stop the stretch immediately and tell Gavin in your next treatment

You should only feel a slight discomfort during the stretch

Hold each stretch for approx 30 seconds

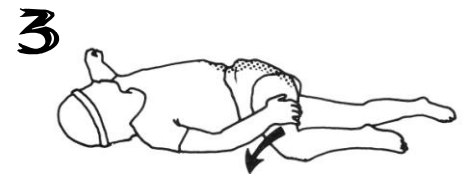
Make sure you do it to both sides of your body ☺



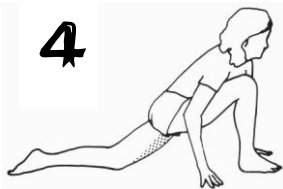
1 Hamstring



2 Glute



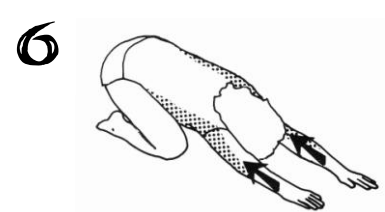
3 Low Back



4 Hip Flexor



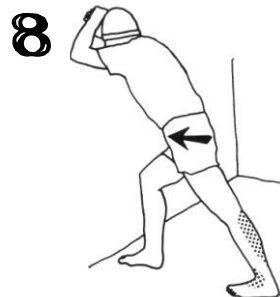
5 Forearm



6 Lats / Low Back



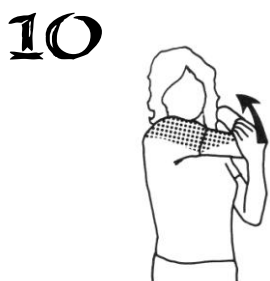
7 Quad



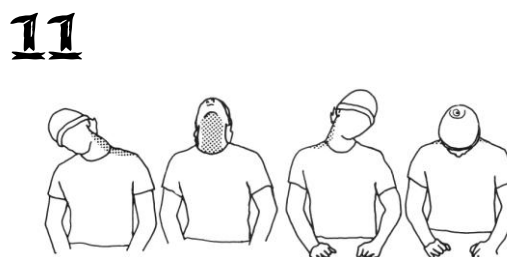
8 Calf



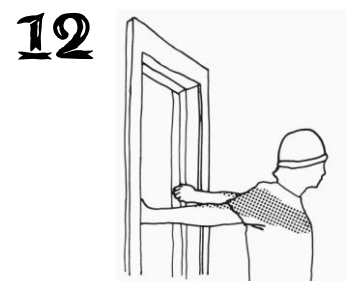
9 Tricep



10 Deltoid



11 Neck



12 Chest