

Pre & Post Workout! 10-15 reps each: Hold spot for 3-5 seconds.



**Quadriceps**



**Hamstrings**



**Adductors**



**TFL/IT Band**



**Gluteals**



**Calf**



**Shin**



**Shin (Lateral)**



**Latissimus Dorsi**



**Thoracic Back**

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