



- **STRETCHING** is important to prevent muscle strains and injuries.
- **STRETCHING** should be done before and after every workout.
- **STRETCHING** should be done for at least 10 minutes.



- **STRETCHING** should be done for at least 10 minutes.
- **STRETCHING** should be done before and after every workout.
- **STRETCHING** should be done for at least 10 minutes.
- **STRETCHING** should be done before and after every workout.
- **STRETCHING** should be done for at least 10 minutes.
- **STRETCHING** should be done before and after every workout.

STRETCHING is important to prevent muscle strains and injuries.

- **STRETCHING** should be done before and after every workout.
- **STRETCHING** should be done for at least 10 minutes.
- **STRETCHING** should be done before and after every workout.
- **STRETCHING** should be done for at least 10 minutes.