

POST-WORKOUT STRETCHES **FOR MEN**



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Stretch your glutes



DOWNWARD DOG:
Stretch your hamstrings



COBRA:
Stretch your lower back



PIGEON:
Stretch your hip rotators
and hip flexors



CHILD'S POSE:
Stretch your hips and back



TRICEP:
Stretch your tricep
after a BB press

Stretching For Health

Raffaela Di Napoli



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