

# Post-Workout Stretches

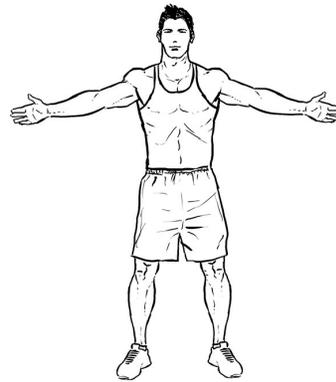
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (our favorite is *Repeat Timer Pro* for iOS) hold each stretch for 30 seconds, taking 5 seconds to get into the next position.



Neck × 2



Shoulders × 2



Chest



Quadriceps × 2



Calves × 2



Back



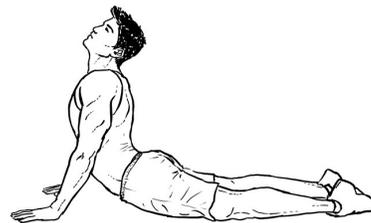
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems

# Post-Workout Stretches

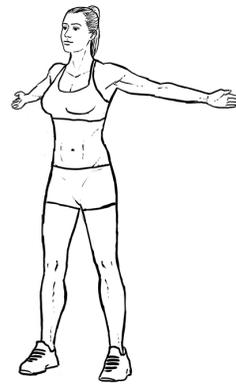
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (our favorite is *Repeat Timer Pro* for iOS) **hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



Shoulders × 2



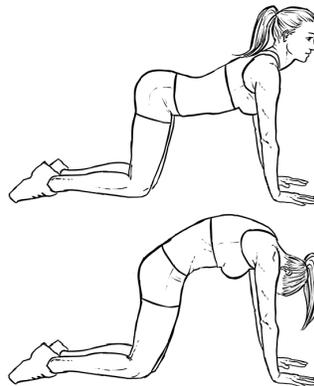
Chest



Quadriceps × 2



Calves × 2



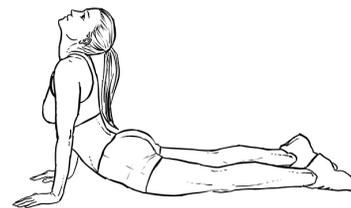
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems