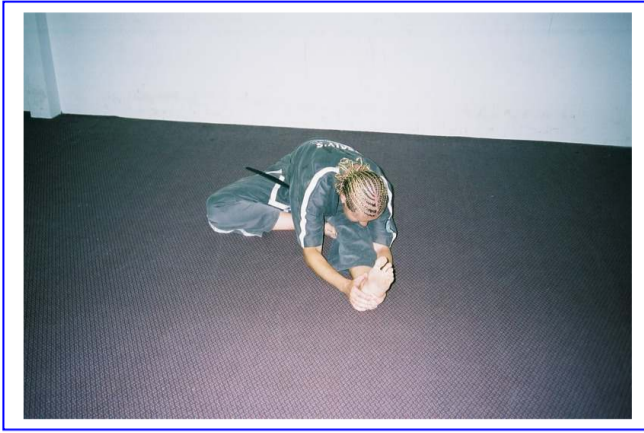
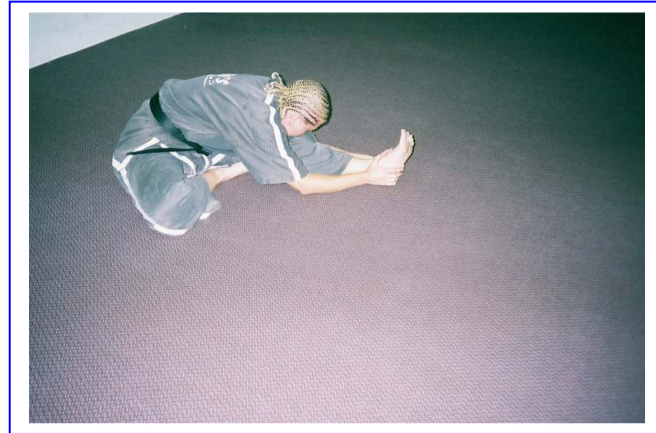


Samples of advanced Stretches used in martial arts and for stretches to release hips/hamstrings/lower back



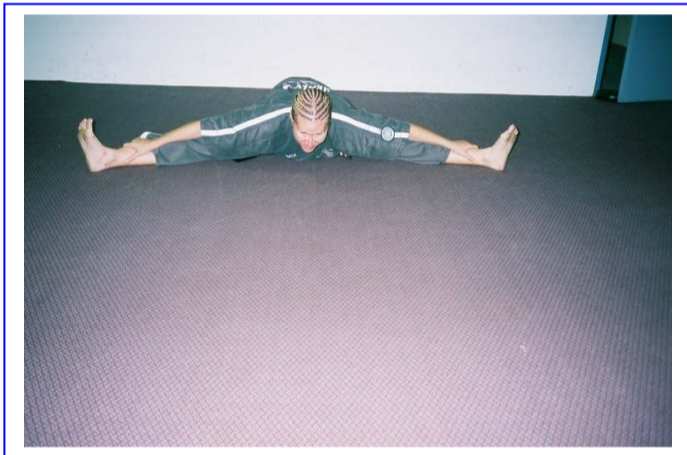
Hamstring /lower back



Hamstring /lower back



hamstring/lats/Multifidus/Quadratus lumborum/lower back/groin muscles



hamstring/lats/Multifidus/Quadratus lumborum/lower back/groin muscles



Quads/calves/Psoas major/minor/iliacis muscle groups



Adductors/groin

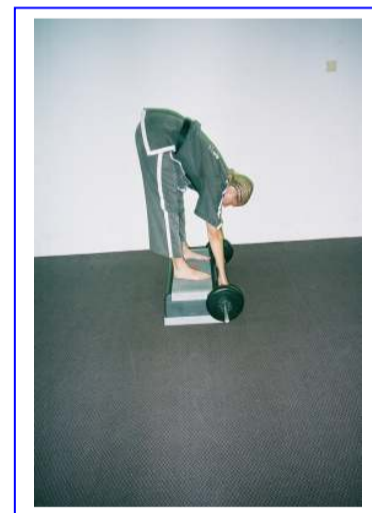
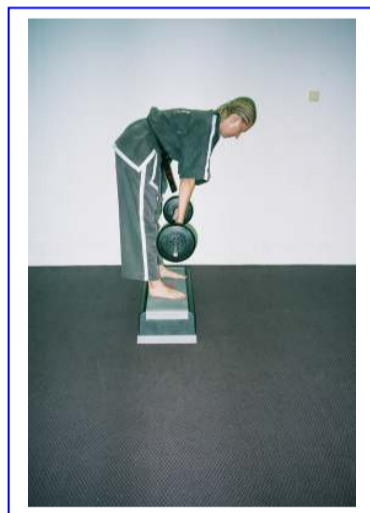


Adductors/groin



Extreme hamstring

Extreme adductors /groin
Muscles >>>



Lower back/hamstrings/dead lift stretch (light weight)