

Decreased muscle tension and increased
relaxation.

Benefit

— — — FOLD HERE — — —

Pectorals

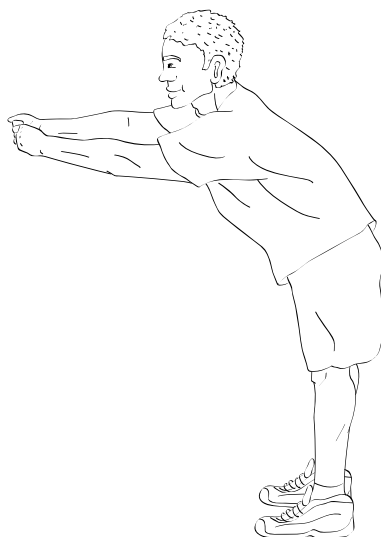


Improved coordination.

Benefit

FOLD HERE

Lat

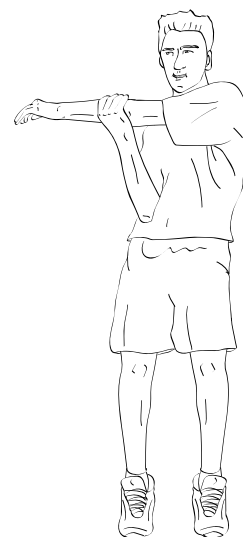


Increased range of motion.

Benefit

— — — FOLD HERE — — —

Deltoids and Rhomboids



Benefit

Reduced risk of injury.

— — — FOLD HERE — — —

Biceps and Forearm

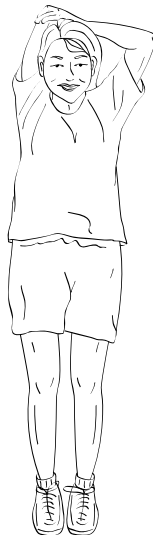


Better body awareness and postural alignment.

Benefit

— — — FOLD HERE — — —

Triceps



Improved circulation and air exchange.

Benefit

— — — FOLD HERE — — —

Quadriceps



Smoother and easier contractions.

Benefit

— — — FOLD HERE — — —

Hamstring



Decreased muscle soreness.

Benefit

FOLD HERE

Groin



Possible prevention of low-back pain
and other spinal problems.

Benefit

— — — FOLD HERE — — —

Gastrocnemius



Facilitates the development and maintenance
of motor skills.

Benefit

— — — FOLD HERE — — —

Gluteals

