

# QUADFATHER STRETCHING EXERCISES

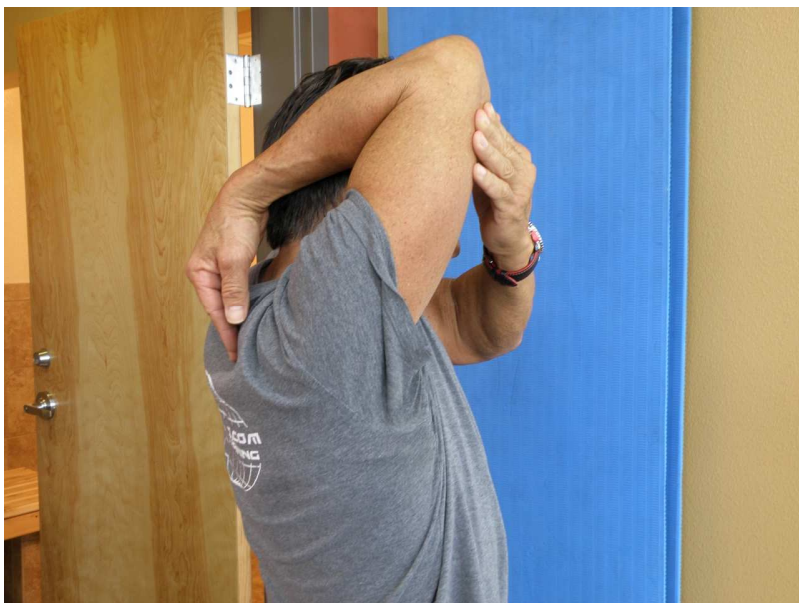
Chest Stretch Position 1



Chest Stretch Position 2



## Tricep Stretch



Bicep Stretch Position 1



Bicep Stretch Position 2



## Quad Stretch



## Hamstring Stretch



Back Stretch Position 1



Back Stretch Position 2



Shoulder Stretch Position 1



Shoulder Stretch Position 2



# Tricep Rope Pressdown Exercise

Position 1



Position 2



Tricep Rope Pressdown Exercise continued

Position 3

