

# POST-WORKOUT STRETCHES **FOR MEN**



**ANKLE TO KNEE:**  
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

**M Planty**



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