



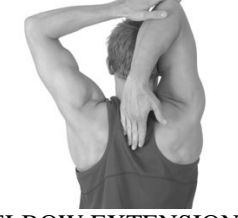











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 <p><b>*NECK STRETCHES</b></p>	 <p><b>SHOULDER STRANGLE</b></p>	 <p><b>BICEP-WALL STRETCH</b></p>
 <p><b>ELBOW EXTENSION</b></p>	 <p><b>RIB AREA</b></p>	 <p><b>QUADRICEPS</b></p>
 <p><b>SITTING GROIN STRETCH</b></p>	 <p><b>LEGS AND LOWER BACK</b></p>	 <p><b>HAMSTRING</b></p>
 <p><b>UPPER CALF</b></p>	 <p><b>LOWER CALF</b></p>	 <p><b>LOWER BACK</b></p>

(Source:- USA Badminton / [www.netfit.co.uk](http://www.netfit.co.uk))