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### **Section: Stretching And Flexibility**

Appendix B Working Toward The Splits B.1 Lower Back Stretches B.2 Lying Buttock Stretch B.3 Groin And Inner-thigh Stretch B.4 Seated Leg Stretches B.4.1 Seated Calf Stretch B.4.2 Seated Hamstring Stretch B.4.3 Seated Inner-thigh Stretch B.5 Psoas Stretch B.6 Quadricep Mar 19th, 2024

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