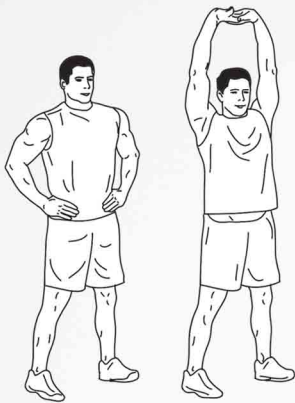
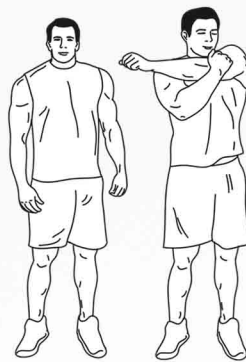


# FIGHTER'S STRETCHING

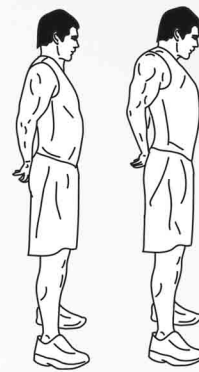
20 SECONDS EACH @ [darebee.com](https://darebee.com)



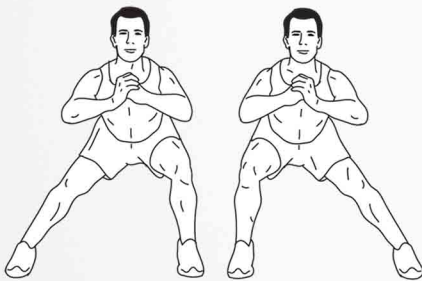
shoulder stretch #1



shoulder stretch #2



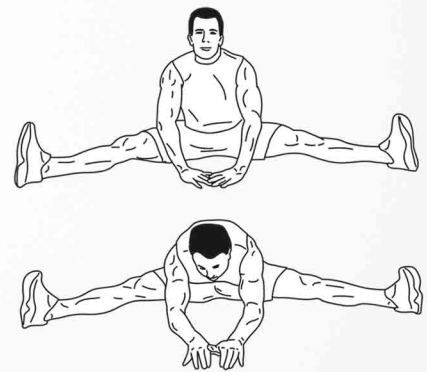
shoulder stretch #3



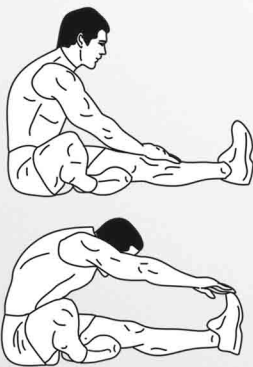
side-to-side lunges



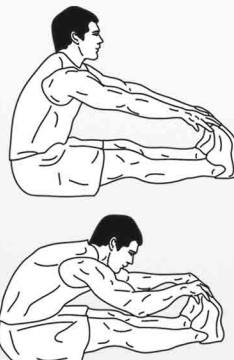
side splits



forward bends



hamstring stretch #1



hamstring stretch #2



butterfly stretch