


## Lower Body Stretching Exercises Chart– PF004

<p><b>Description</b></p>	<p>◆ Improve your lower-body flexibility using the 13 stretches featured on this poster for the hips, hamstrings, quadriceps, calves and lower back. All stretches are clearly explained with step-by-step instructions and descriptive photos. Laminated; 24" x 36". Please contact us if you would like paper version.</p>
<p><b>Details</b></p>	<ol style="list-style-type: none"> <li>1. Dimension: 24" x 36"</li> <li>2. Material: gloss paper laminated with clear polyester both sides</li> </ol>
<p><b>Image</b></p>	 <p>The poster is titled "STRETCHING" and includes the website "www.productivefitness.com". It features a grid of 13 stretching exercises, each with a photo and a list of instructions. The exercises are: Single-Knee Corkscrew, Cross-Leg, Lower Back and Piriformis, Runner's Hip, Inner Thigh, Supine Hamstring, Seated Towel, Knee-to-Chest, Front of Hip, Standing Quad, Combo Hamstring and Calf Stretch, and Straight-Knee Calf. Each exercise includes a list of steps and a "Hold for 30-60 seconds, repeat 2-3 times. Switch sides." instruction. The poster also includes a "Safety Rules" section and contact information for Productive Fitness Products Inc. at the bottom.</p>