

Stretches for after Nordic Walking

Always take care to follow your training when stretching



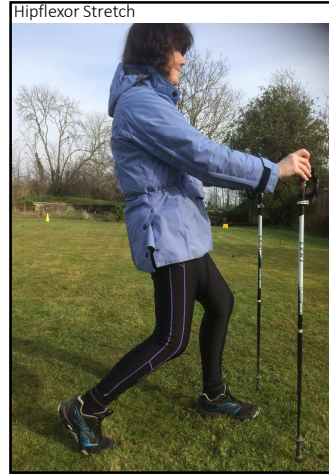
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Chest & Shoulder Stretch



Hipflexor Stretch



Hip & Piriformis Stretch



Tricep Stretch



Neck Stretch

