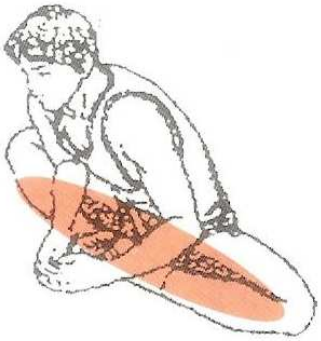
ストレッチ

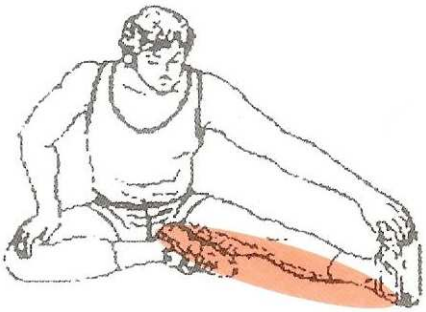
※15～20 秒伸ばしましょう

①



股関節の内側

②

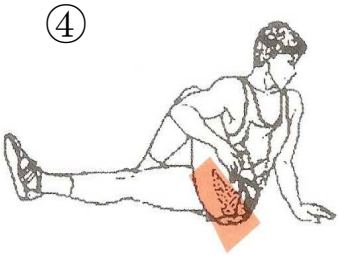


ももの裏側

③

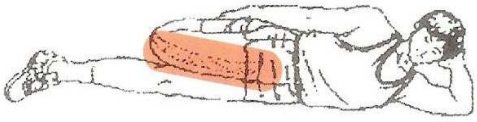
ももの内側

④



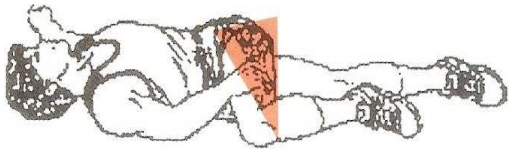
お尻①

⑤



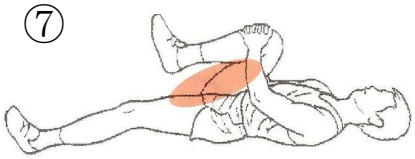
ももの前

⑥



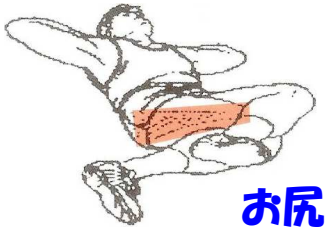
お尻②

⑦



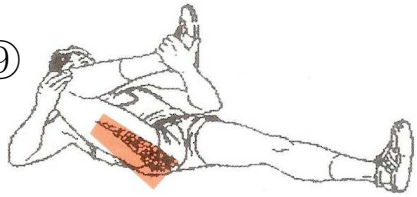
お尻～ももの裏にかけて

⑧



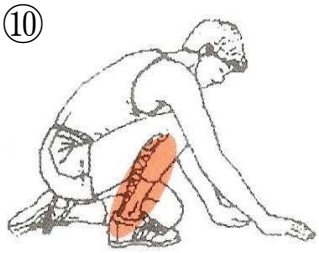
お尻の横

⑨



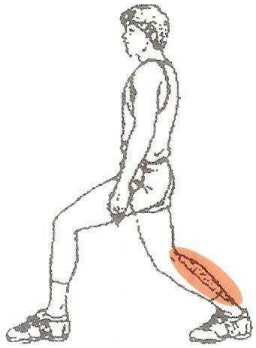
お尻③

⑩



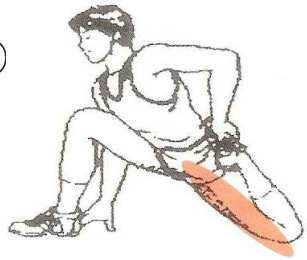
ふくらはぎ

⑪



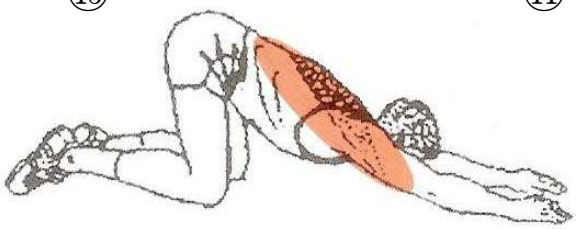
アキレス腱

⑫



ももの付け根

⑬



肩後面

⑭

わき腹

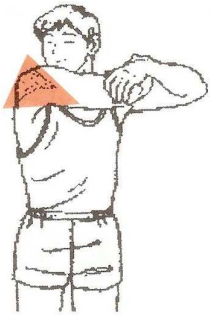
⑮

首の後ろ

⑯

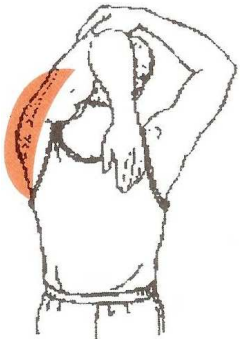
首の横

⑰



肩の付け根

⑱

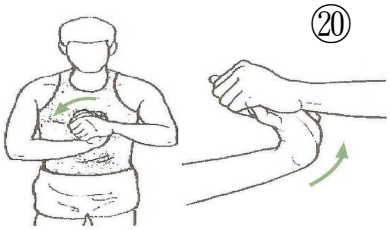


わき

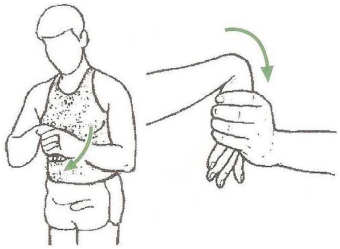
⑲

肩

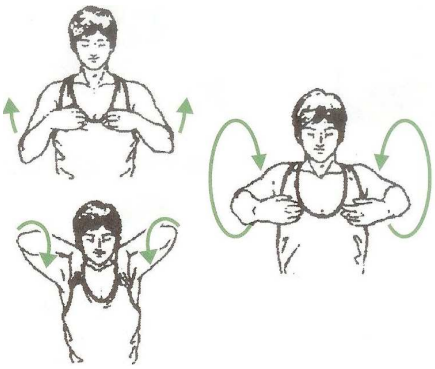
⑳



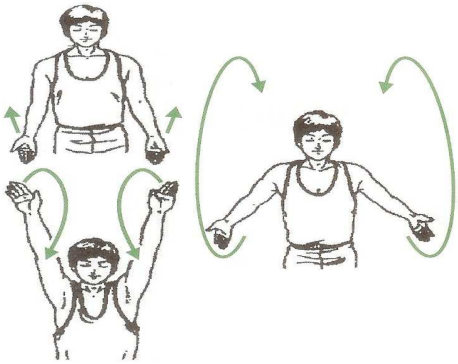
手首（手のひら側）



手首（手の甲側）



肩甲骨まわり（前後10回ずつ）



肩まわり（前後10回ずつ）