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 <p>*NECK STRETCHES</p>	 <p>SHOULDER STRANGLE</p>	 <p>BICEP-WALL STRETCH</p>
 <p>ELBOW EXTENSION</p>	 <p>RIB AREA</p>	 <p>QUADRICEPS</p>
 <p>LEGS AND LOWER BACK</p>	 <p>LOWER BACK</p>	 <p>SITTING GROIN STRETCH</p>
 <p>UPPER CALF</p>	 <p>LOWER CALF</p>	 <p>HAMSTRING</p>
 <p>UPPER CALF</p>	 <p>LOWER CALF</p>	 <p>HAMSTRING</p>

(Source:- USA Badminton / www.netfit.co.uk)