

MLB Umpires 3D Free Standing Stretching Matrix®



R OVERHEAD REACH

L OVERHEAD REACH



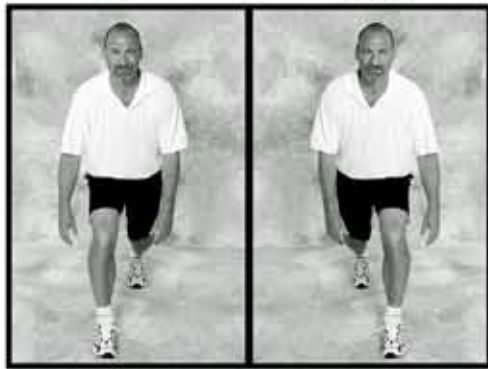
R LATERAL OVERHEAD REACH

L LATERAL OVERHEAD REACH



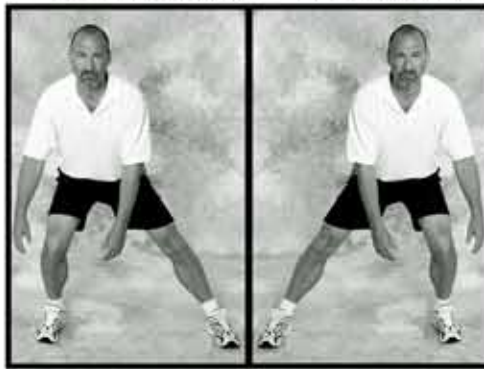
R ROTATIONAL OVERHEAD REACH

L ROTATIONAL OVERHEAD REACH



R FORWARD LUNGE

L FORWARD LUNGE



R LATERAL LUNGE

L LATERAL LUNGE



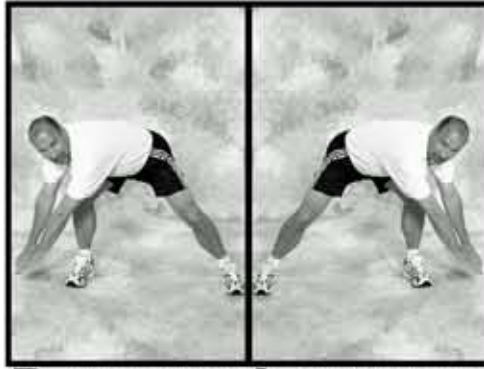
R ROTATIONAL LUNGE

L ROTATIONAL LUNGE



R FORWARD LUNGE W/ REACH TO FLOOR

L FORWARD LUNGE W/ REACH TO FLOOR



R LATERAL LUNGE W/ REACH TO FLOOR

L LATERAL LUNGE W/ REACH TO FLOOR



R ROTATIONAL LUNGE W/ REACH TO FLOOR

L ROTATIONAL LUNGE W/ REACH TO FLOOR



R FORWARD LUNGE TO OVERHEAD REACH

L FORWARD LUNGE TO OVERHEAD REACH



R LATERAL LUNGE TO OVERHEAD REACH

L LATERAL LUNGE TO OVERHEAD REACH



R ROTATIONAL LUNGE TO OVERHEAD REACH

L ROTATIONAL LUNGE TO OVERHEAD REACH



R FORWARD LUNGE TO ROTATIONAL REACH

L FORWARD LUNGE TO ROTATIONAL REACH



R LATERAL LUNGE TO ROTATIONAL REACH

L LATERAL LUNGE TO ROTATIONAL REACH



R ROTATIONAL LUNGE TO ROTATIONAL REACH

L ROTATIONAL LUNGE TO ROTATIONAL REACH



R FORWARD LUNGE TO ROTATIONAL REACH

L FORWARD LUNGE TO ROTATIONAL REACH



R LATERAL LUNGE TO ROTATIONAL REACH

L LATERAL LUNGE TO ROTATIONAL REACH



R ROTATIONAL LUNGE TO ROTATIONAL REACH

L ROTATIONAL LUNGE TO ROTATIONAL REACH

