

STRETCHFIT APP

- Over 75 stretches and counting
- ✓ Stretch by muscle group or follow along classes
 - Fully integrated with your manual
 - Personal programs created for you





Browse Videos







Stretch by muscle group

Follow along classes

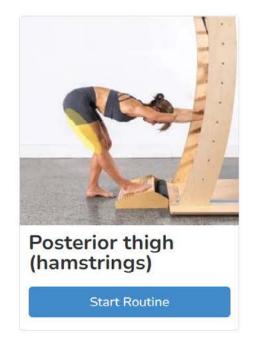
Explainer Videos

CHOOSE FROM SEVERAL VIDEO OPTIONS



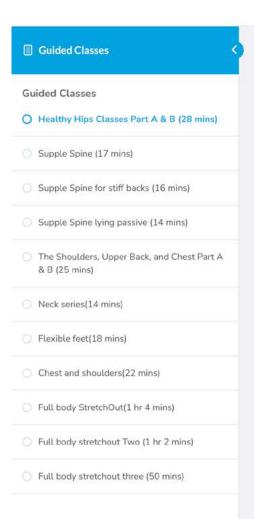








- STRETCH BY MUSCLE GROUP
- 3 OR MORE STRETCHES FOR EACH GROUP TO FIND THE ONE THAT WORKS FOR YOU



Healthy Hips Classes Part A & B (28 mins)

Guided Classes > Healthy Hips Classes Part A & B (28 mins)





Healthy Hips

Follow along with a popular class for the big muscles of the hips including the hamstrings, quads, hip flexors, inner thighs and glutes. One side is explained and then time allowed for you to explore the other side.





CHOOSE FROM A RANGE OF SPECIFIC OR FULL BODY CLASSES TO JOIN

CONTACT

Contact us now and see what special offers are currently available!



Info@stretchfit.studio

