

Yoav Avidar – International Fitness Presenter

2025 IDEA World Fitness Convention, Session 211

Unlocking Flexibility: PNF Stretching Methods for Group Fitness Sessions

Presented By Yoav Avidar, MPE

Pectoralis, Deltoid, Latissimus Dorsi:



Contact Information:

FB / Instagram #yoav Avidar / e-mail: Yoav@YoavAvidar.com / Mobile: +972- 54 - 46 58 305

Yoav Avidar – International Fitness Presenter

Forearm:



Scapula Adductors:



Hip Adductors:



Contact Information:

FB / Instagram #yoav Avidar / e-mail: Yoav@YoavAvidar.com / Mobile: +972- 54 - 46 58 305

Yoav Avidar – International Fitness Presenter



Hamstrings:



Contact Information:

FB / Instagram #yoav Avidar / e-mail: Yoav@YoavAvidar.com / Mobile: +972- 54 - 46 58 305

Yoav Avidar – International Fitness Presenter



Contact Information:

FB / Instagram #yoav Avidar / e-mail: Yoav@YoavAvidar.com / Mobile: +972- 54 - 46 58 305

Yoav Avidar – International Fitness Presenter

Quadriceps, Hip Flexors:



Gluteus Max, Hip Rotators:



Spine Mobility:



Contact Information:

FB / Instagram #yoav Avidar / e-mail: Yoav@YoavAvidar.com / Mobile: +972- 54 - 46 58 305

Yoav Avidar – International Fitness Presenter



Thank You For Attending the WS 😊

Contact Information:

FB / Instagram #yoav Avidar / e-mail: Yoav@YoavAvidar.com / Mobile: +972- 54 - 46 58 305