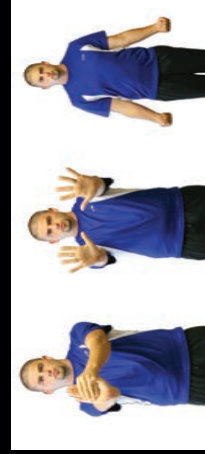




**STRETCH & FLEX**



**STRETCH & FLEX**



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**STRETCH & FLEX**



**STRETCH & FLEX**

HOLD EACH STRETCH 20-30 SECONDS  
REPEAT EACH STRETCH TWO TIMES



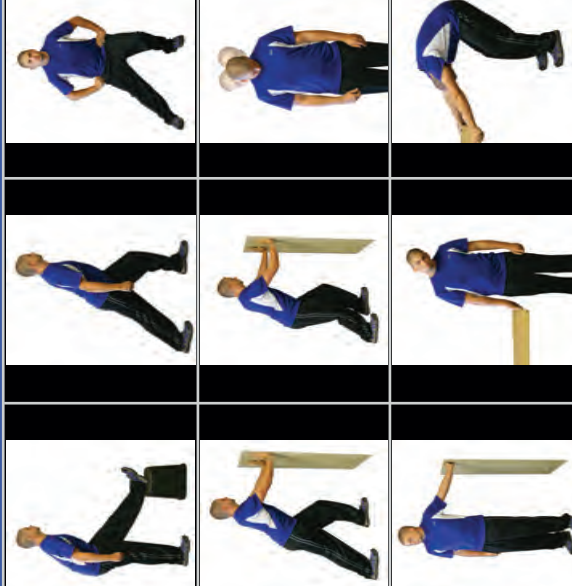
HOLD EACH STRETCH 20-30 SECONDS  
REPEAT EACH STRETCH TWO TIMES



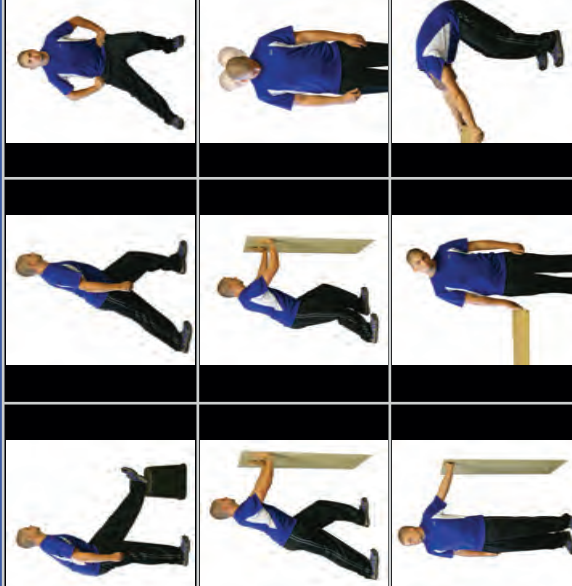
HOLD EACH STRETCH 20-30 SECONDS  
REPEAT EACH STRETCH TWO TIMES



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