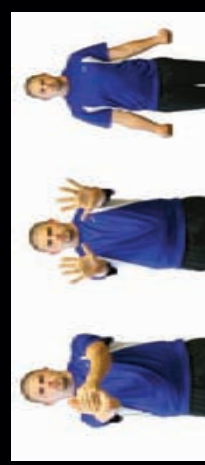




STRETCH & FLEX



STRETCH & FLEX



STRETCH & FLEX



STRETCH & FLEX



STRETCH & FLEX



STRETCH & FLEX

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



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REPEAT EACH STRETCH TWO TIMES



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