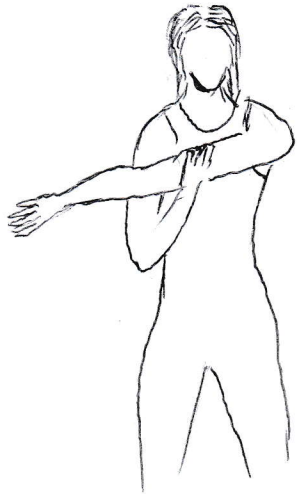


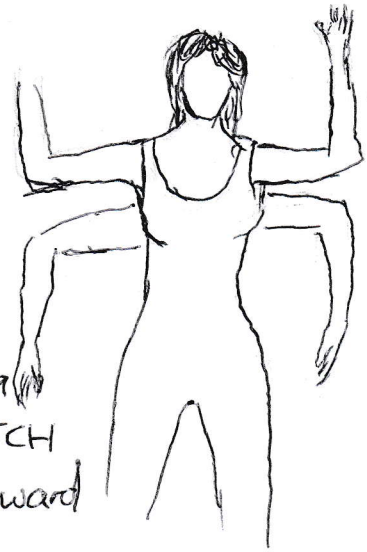
STRETCH 1



SWAP
ARMS



Pull
down
and
Back



← STRETCH
BACK

→ STRETCH
FORWARD

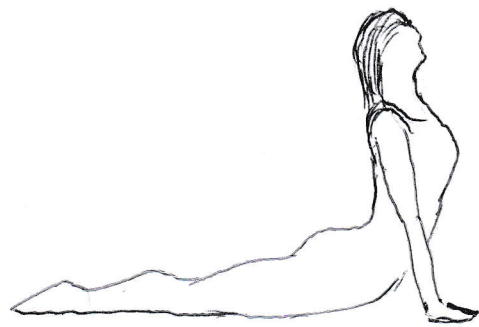
Pull elbow
FORWARD



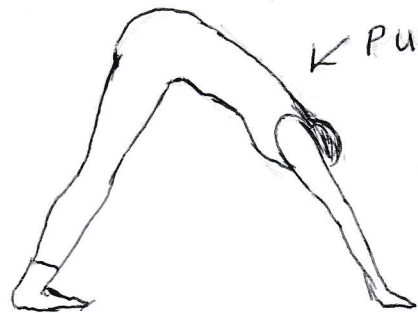
Lay on floor



← Switch
sides



stretch
Back



← Push down



→ Push up