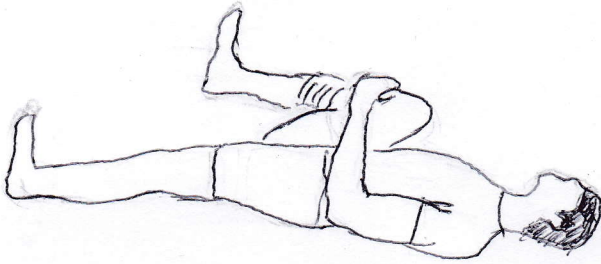
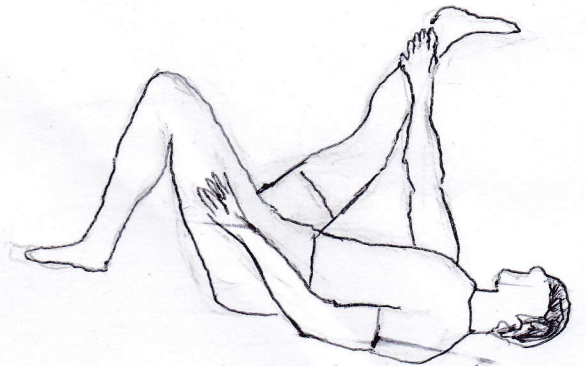


STRETCHES 2

Hold each movement for 20 secs



Switch legs



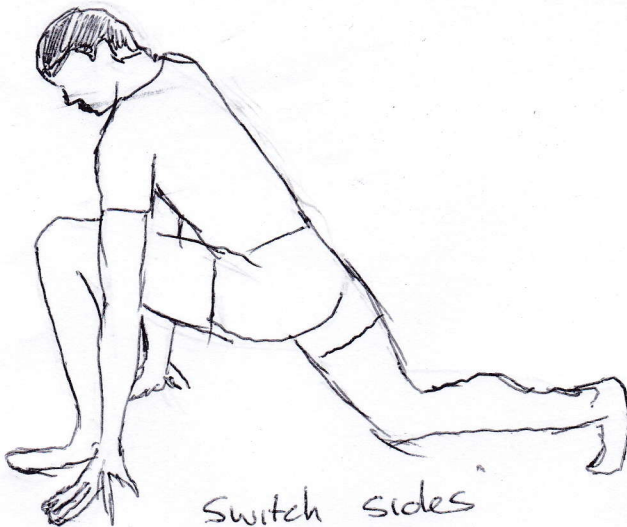
switch sides



switch sides



switch sides



switch sides



Good Luck