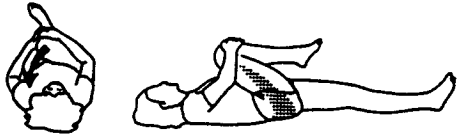


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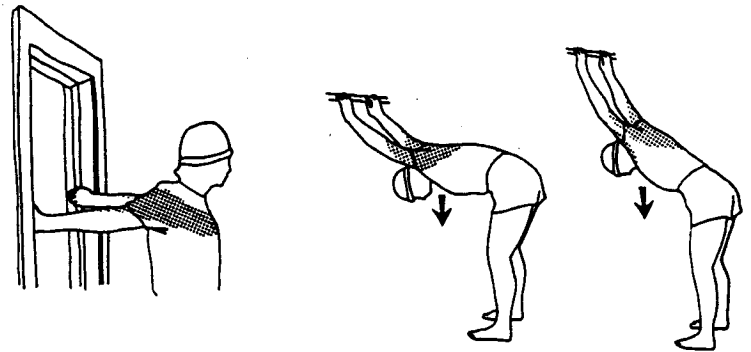
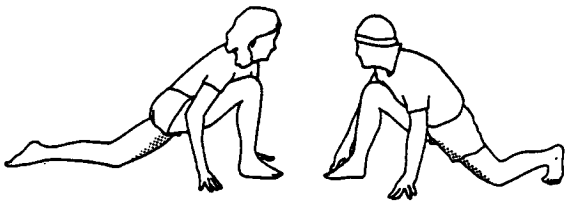
HOME STRETCHES



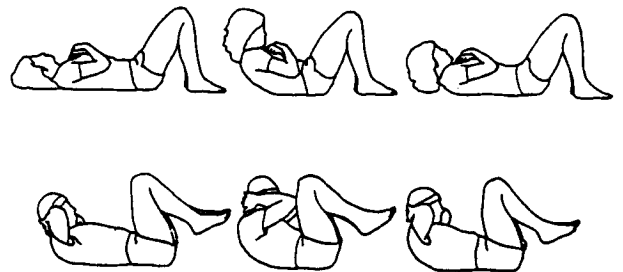
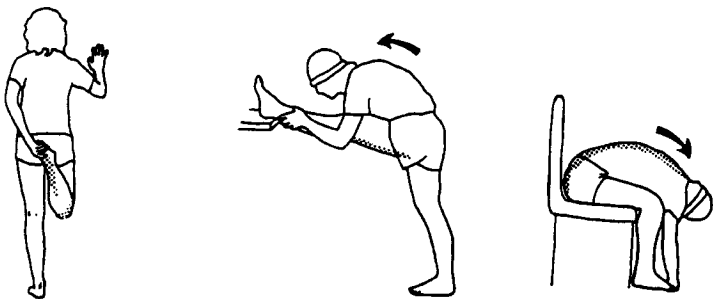
HOLD STRETCHES 8-10 SECONDS



KEEP BACK STRAIGHT—NO ARCHING!



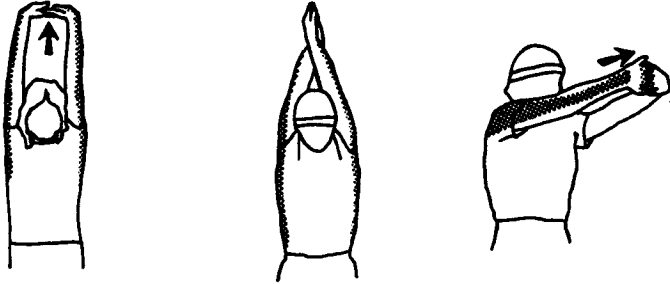
HOLD STRETCHES 8-10 SECONDS



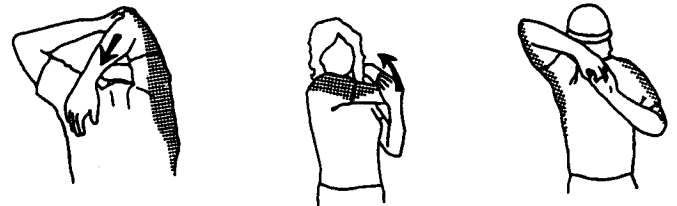
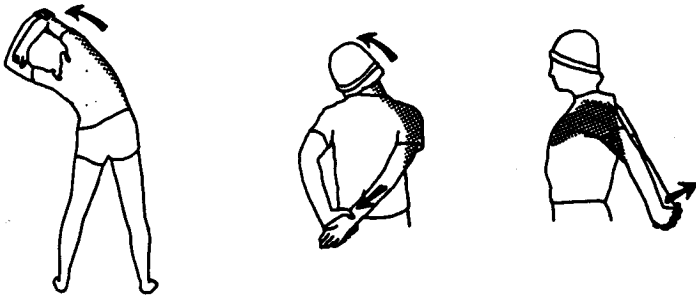
ABDOMINAL STRETHENING

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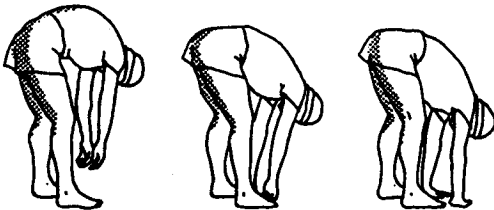
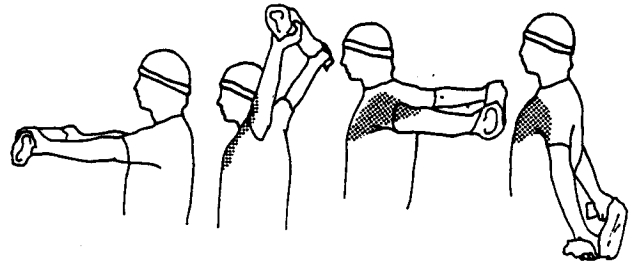
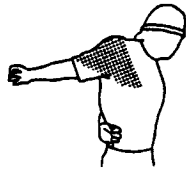
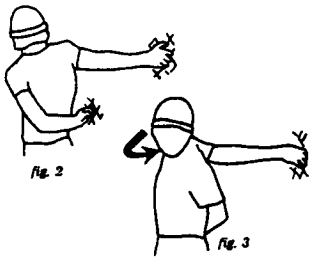


HOLD STRETCHES 8-10 SECONDS



DEEP BREATH IN

EXHALE COMPLETELY



KEEP KNEES

SLIGHTLY BENT

