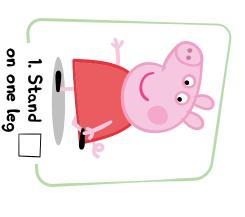
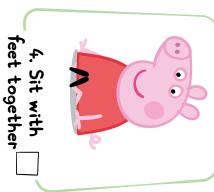
Stretching Guide



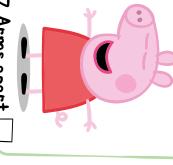


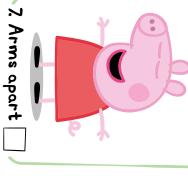


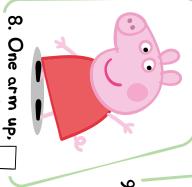


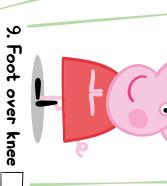














5. Arms back

6. Stand tall

one arm down







