

30 DAYS STRETCHING CHALLENGE

30 DAYS

STRETCHING *Challenge*



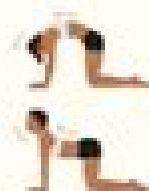
HIPS OPENER STRETCH



SEATED FORWARD BEND



SIDE REACH



CAT-COW BACK STRETCH



RECLINED SPINAL TWIST

DAY 1

10
secondes

DAY 2

12
secondes

DAY 3

14
secondes

DAY 4

16
secondes

DAY 5

18
secondes

DAY 6

20
secondes

DAY 7

22
secondes

DAY 8

24
secondes

DAY 9

26
secondes

DAY 10

28
secondes

DAY 11

30
secondes

DAY 12

32
secondes

DAY 13

34
secondes

DAY 14

36
secondes

DAY 15

38
secondes

F325 Stretch And Challenge

O García



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web what he s saying is that he thinks he s going to be crucified for trying to change the world the song is a brilliant metaphysical conceit and deserves recognition on that grounds alone finally it is not fame that eminem is unhappy with but really the state of the world if anyone tells me to go back to english class i ll shoot them

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