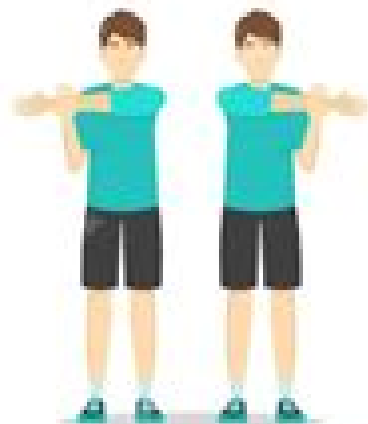
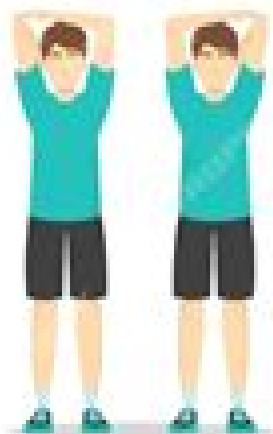


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1 SHOULDER STRETCH



2 TRICEPS STRETCH



3 HIP FLEXOR STRETCH



4 OVERHEAD STRETCH



5 CHEST STRETCH



6 FORWARD BEND



7 TOE TOUCH



8 QUADRICEPS STRETCH



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