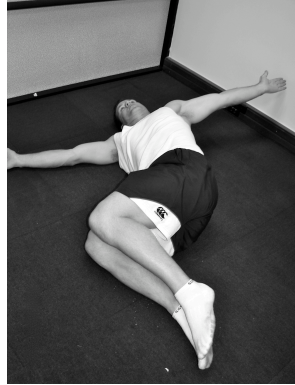


MID BACK STRETCHES



CLAM SHELL STRETCH



MID BACK TWIST



CAT STRETCH

Notes:

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