

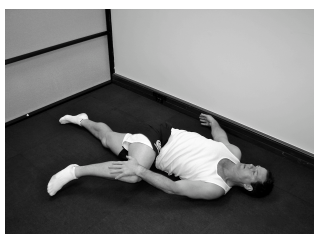
HIP FLEXOR AND BACK STRETCHES



HIP FLEXOR STRETCH



CHILDS POSE STRETCH



LOWER BACK STRETCH

Notes:

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