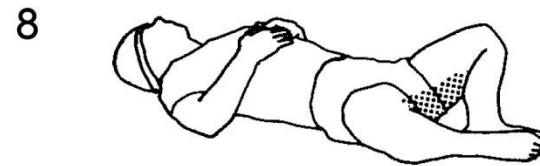
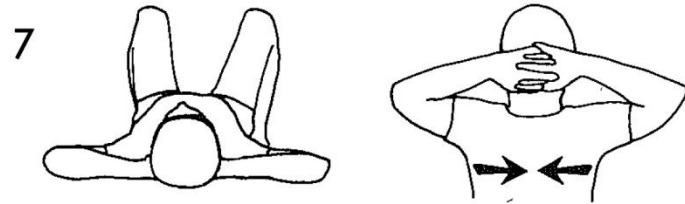
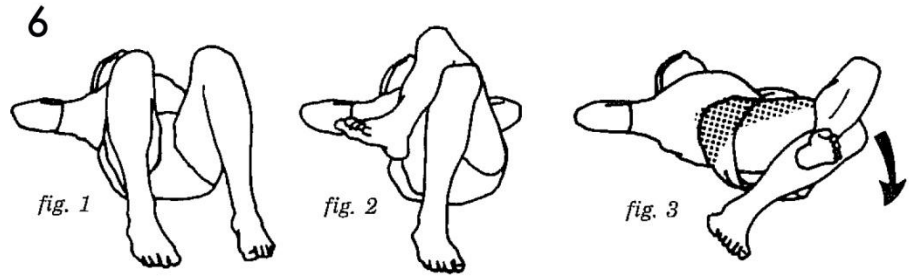
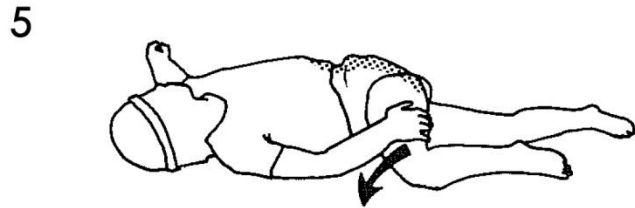
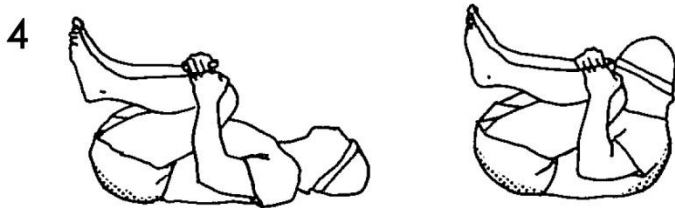
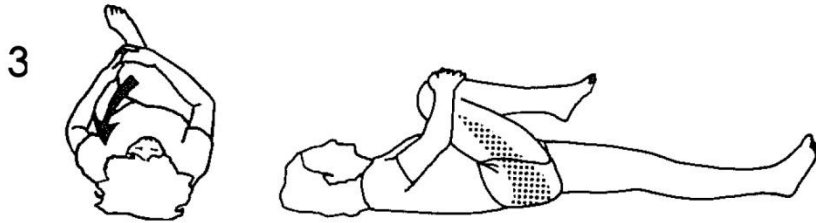
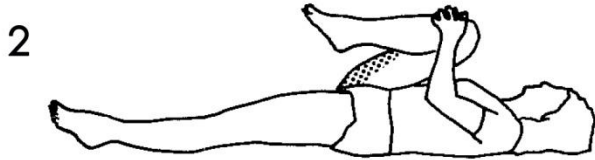
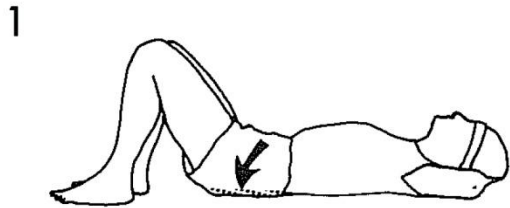


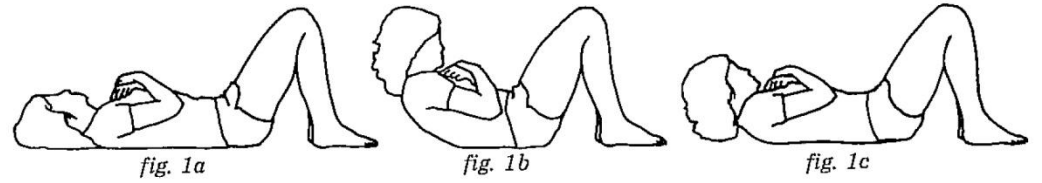
Low Back Stretches



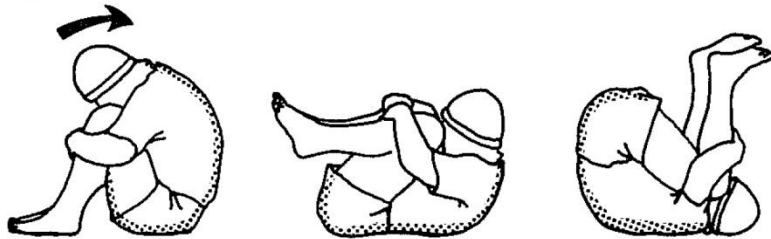
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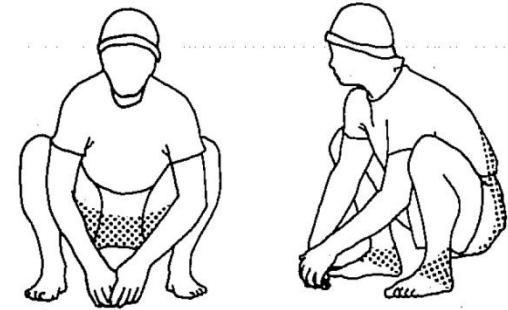
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10



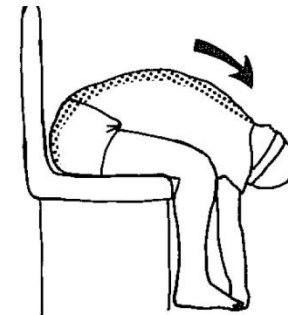
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11

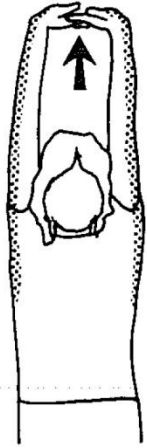


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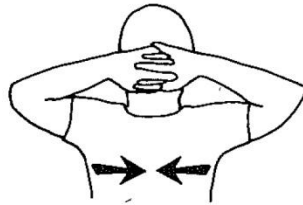


## Neck Shoulder & Arm Stretches

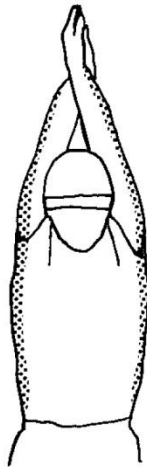
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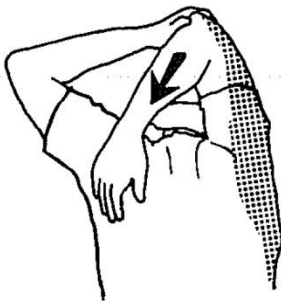
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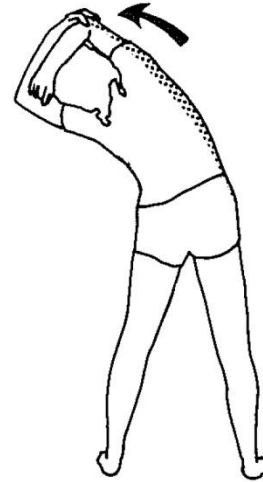
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4



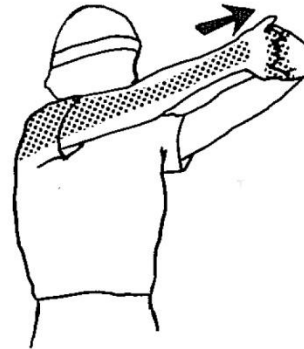
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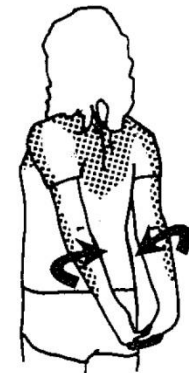
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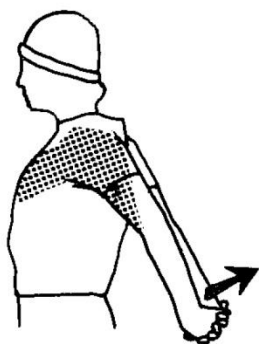
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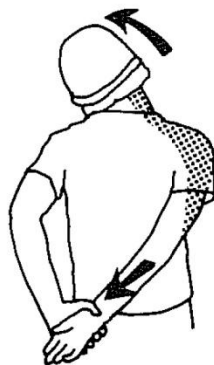
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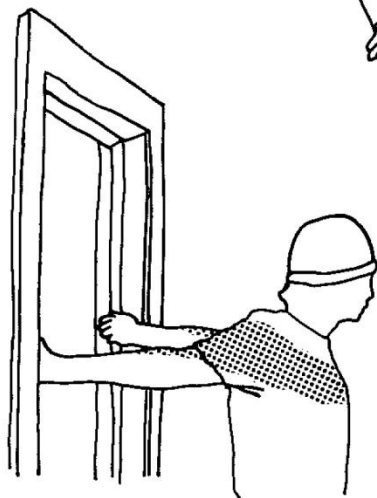
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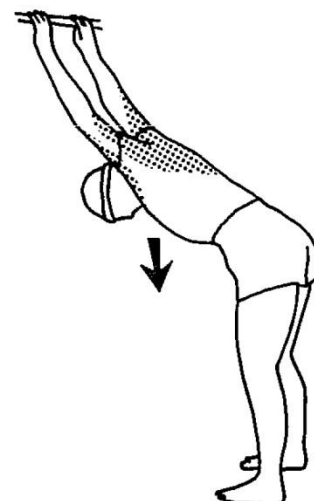
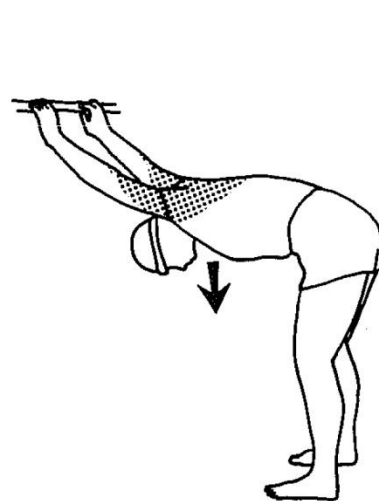
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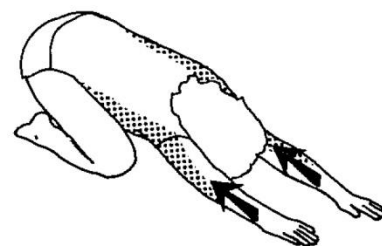
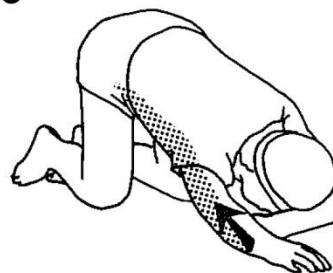
11



12



13



14

