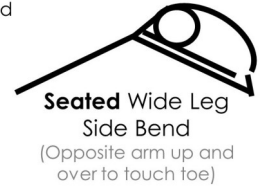
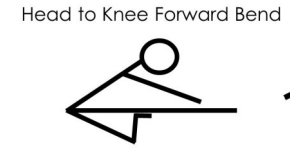
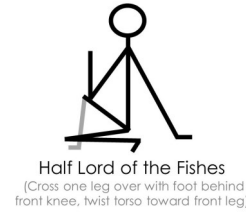
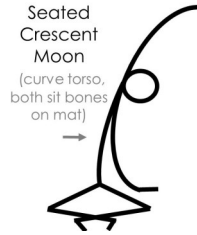
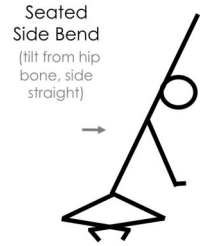
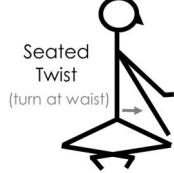
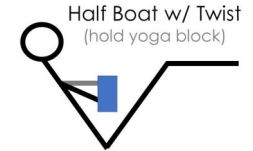
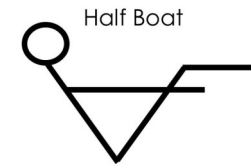


Core Strength & Stretch

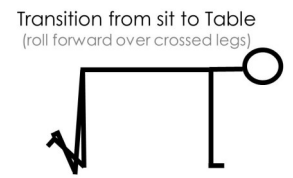
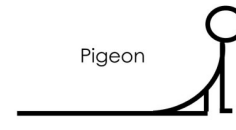
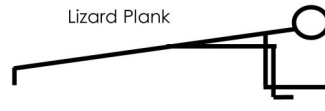
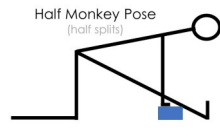
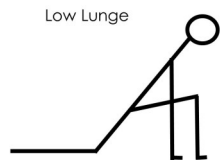
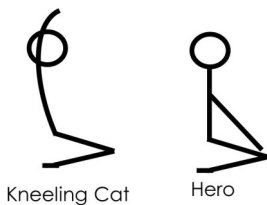
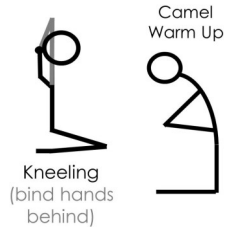
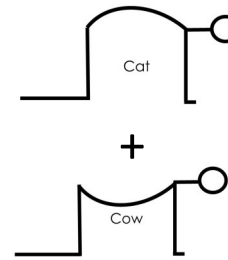
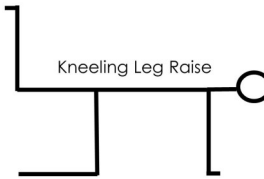
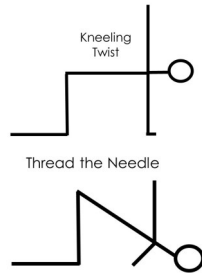
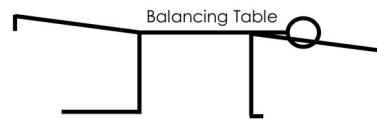
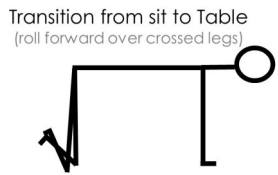
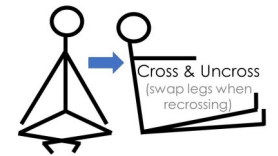
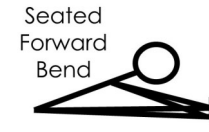
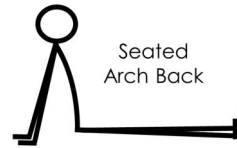
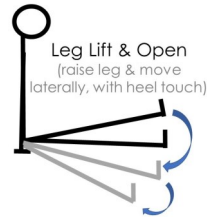
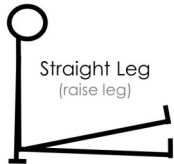
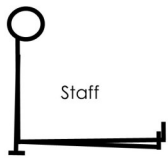


Complete this sequence on right side then left

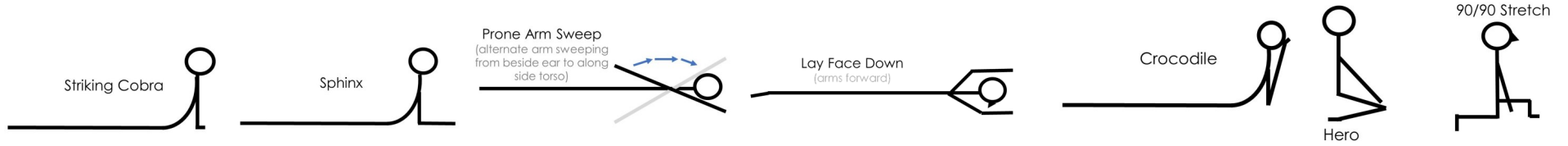
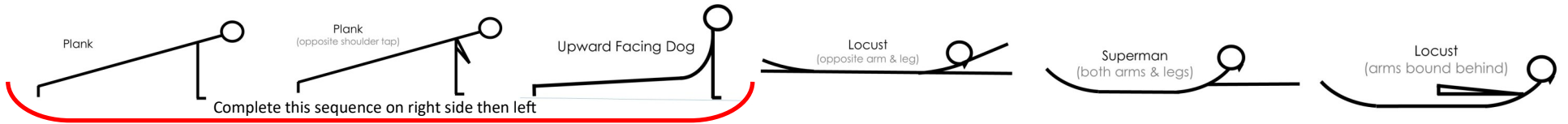


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+ walk hands to frame each ankle



Complete this sequence on right side then left



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