


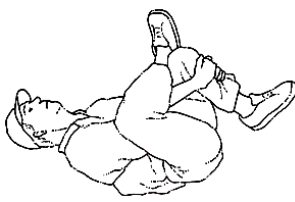






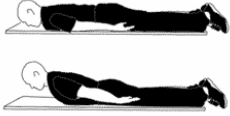



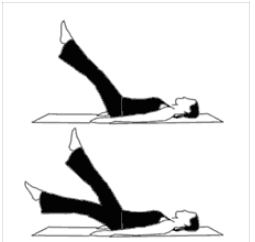
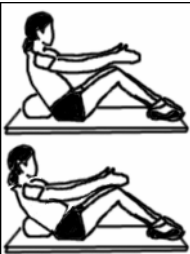



Back and Abdominal Stretching and Strengthening Exercises

<p>Repetitions: 15 Hold Time: 10 Sec.</p> 	<p>Repetitions: 15 Hold Time: 10 Sec.</p> 
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