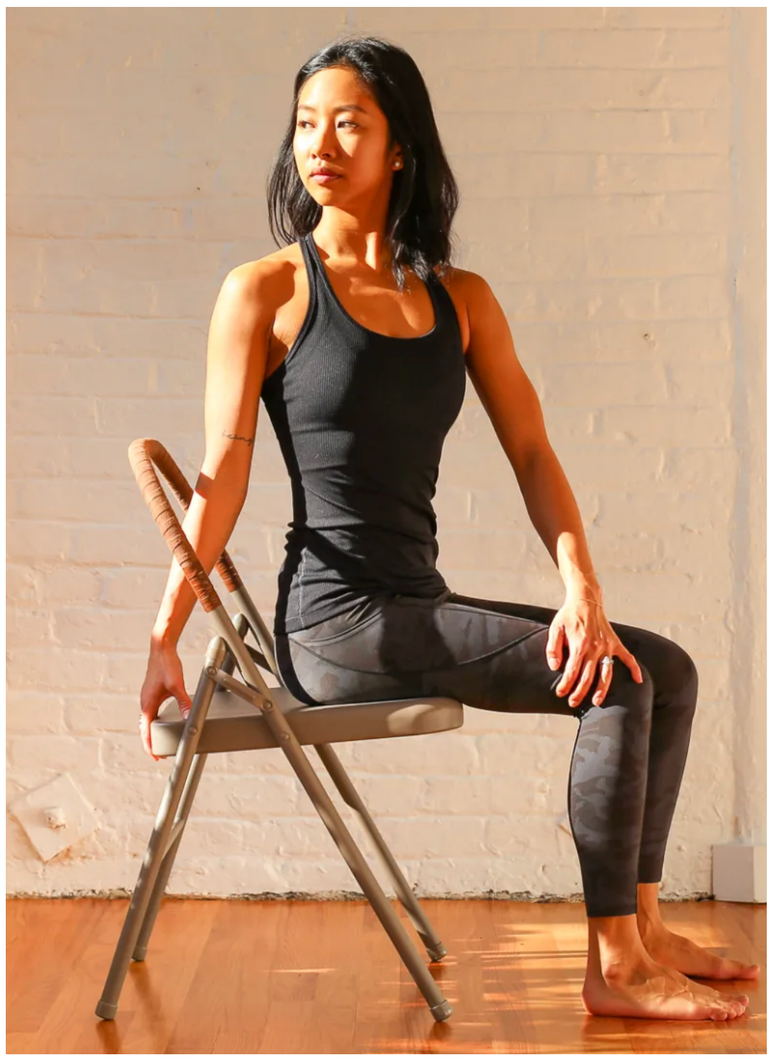
CHAIR STRETCH

Hold each pose for at least 30 seconds