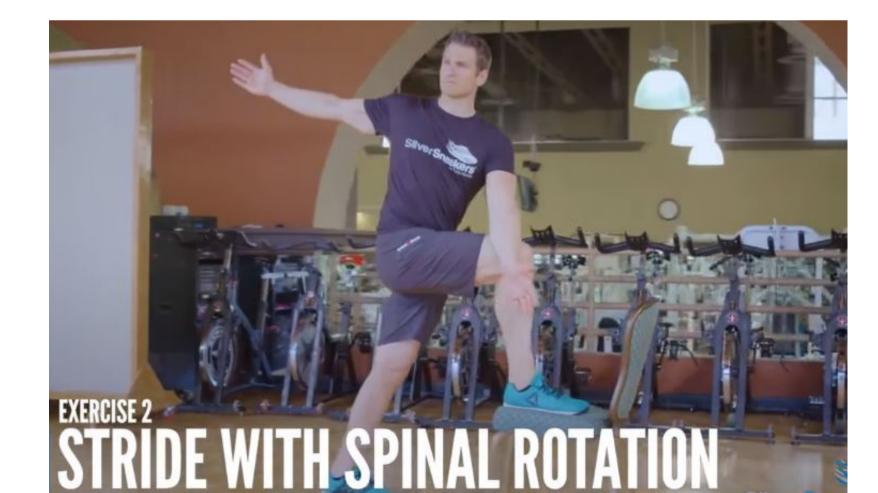
4 Stretches To Do Daily











Hold each pose for at least 30 seconds Repeat on each side

