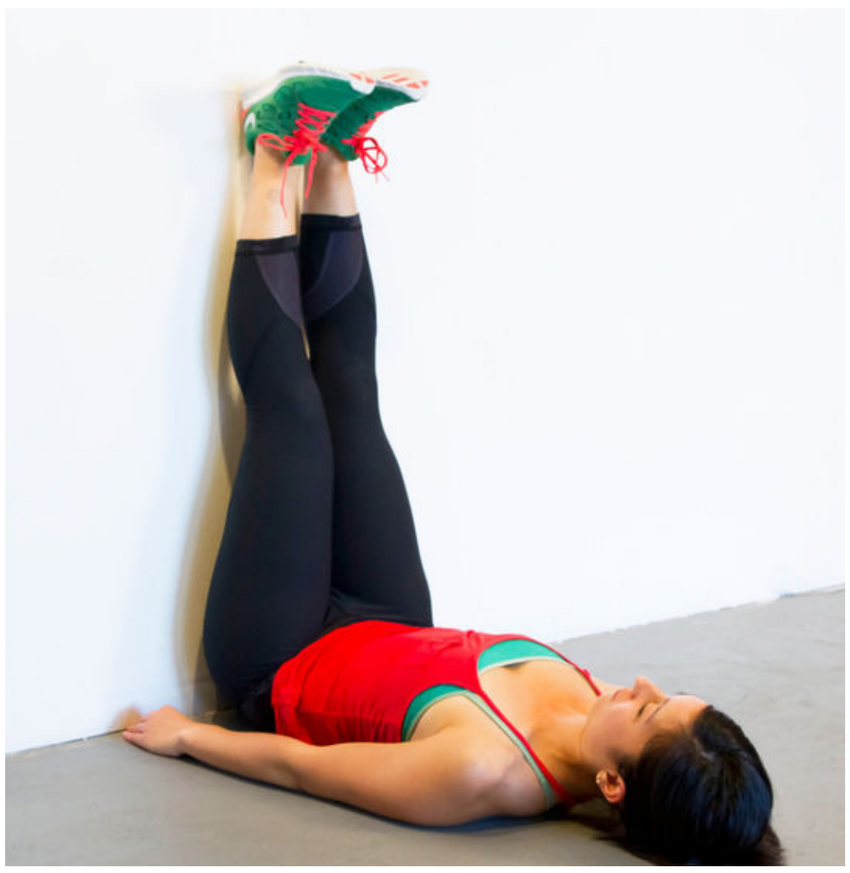
Legs Up the Wall

Hold pose of your preference for at least 5 minutes

Step by Step How To

Variations