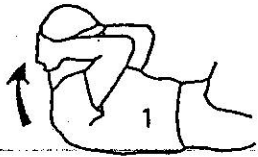
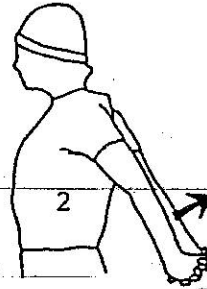


Everyday Stretches

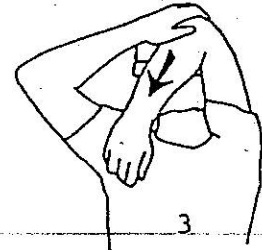
STRETCHES FOR UPPER BODY



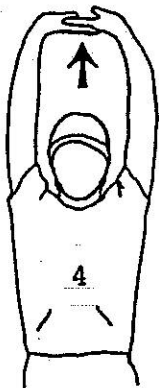
3 times
5 seconds each



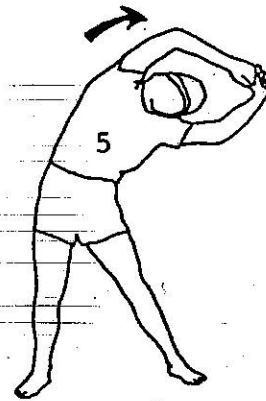
10 seconds



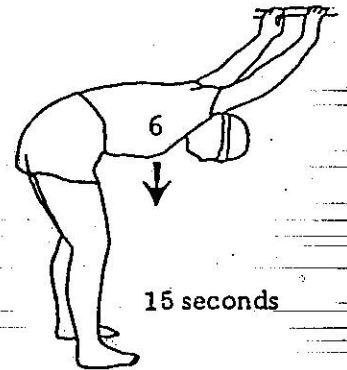
10 seconds
each arm



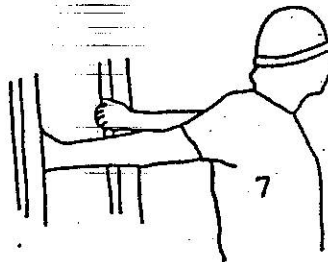
15 seconds



8 seconds
each side



15 seconds



30 seconds