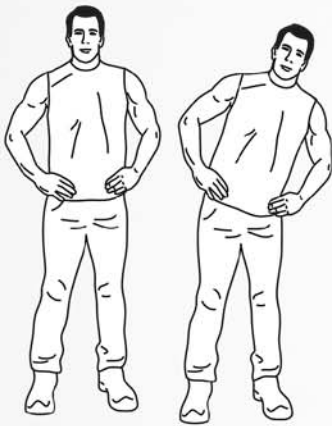


chest & lower back stretch

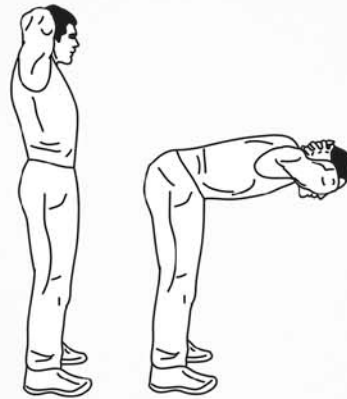
by DAREBEE

@ darebee.com

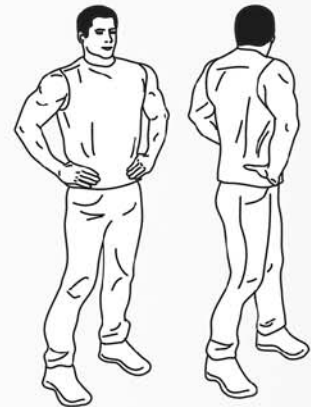
20 seconds each exercise.



side bends



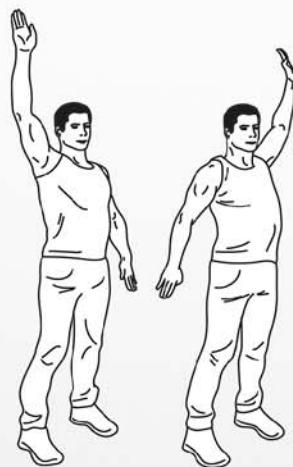
forward bends



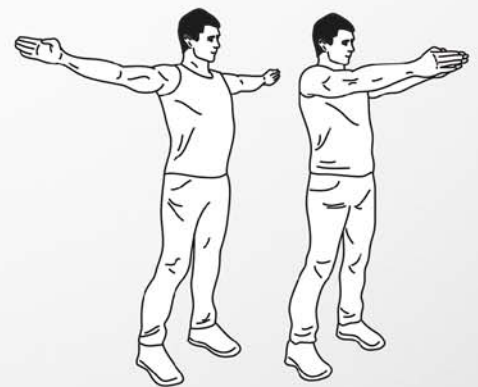
torso twists



side leg raises



alt chest expansions



chest expansions