

full body *stretch*

by DAREBEE
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40 seconds
each exercise.



neck stretch



shoulder stretch



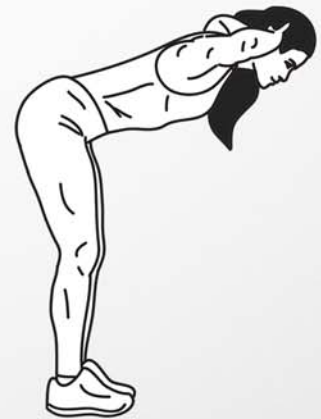
tricep stretch



pelvic stretch



quad stretch



forward bend