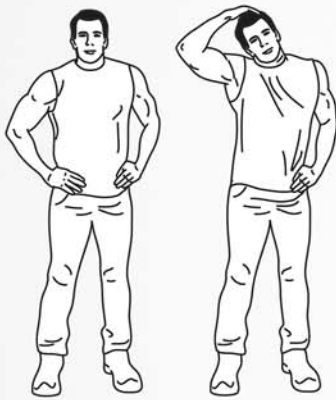
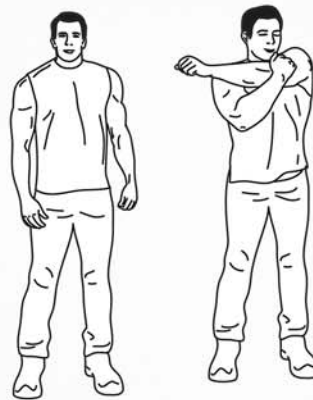


upperbody *stretch*

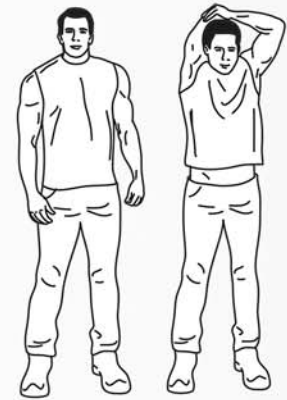
by DAREBEE @ darebee.com
20 seconds each exercise.



neck stretches



shoulder stretches



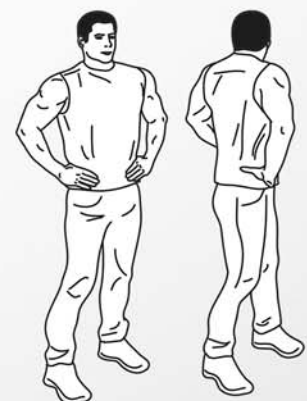
tricep stretches



back & shoulders stretches



side bends



torso rotations