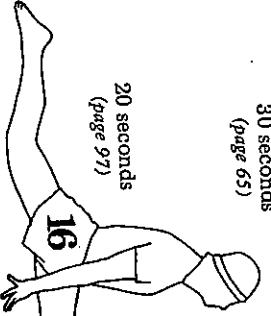
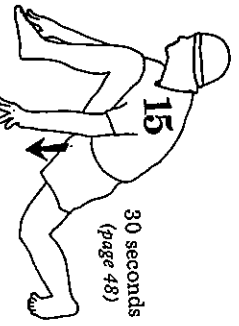
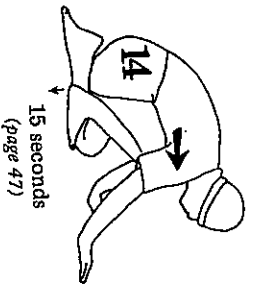
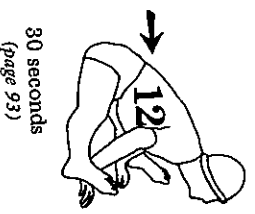
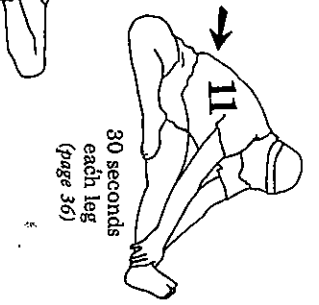
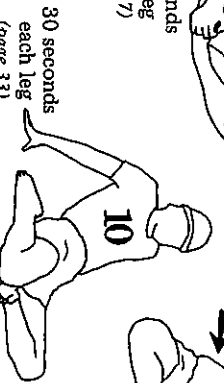
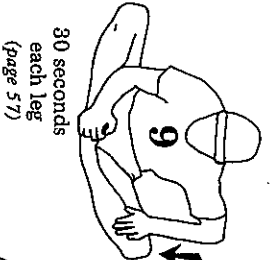
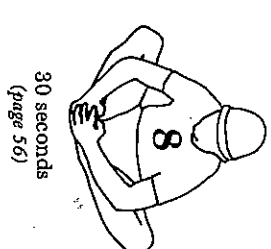
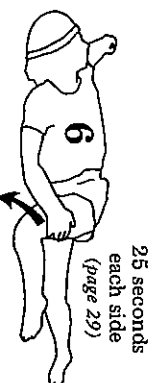
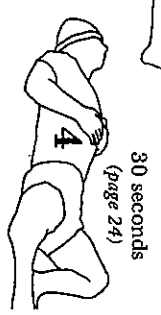
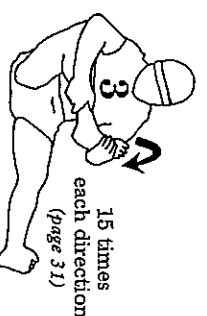
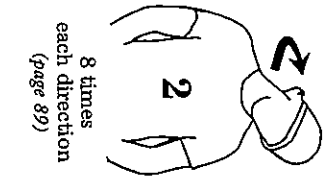
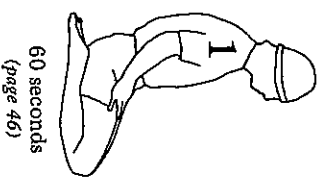


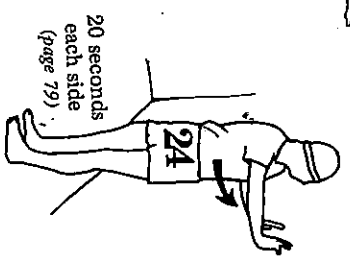
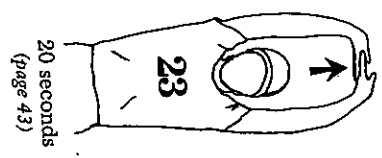
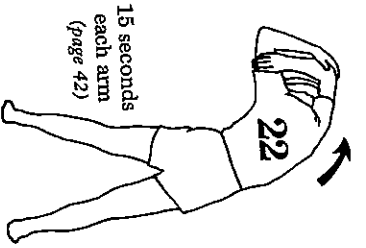
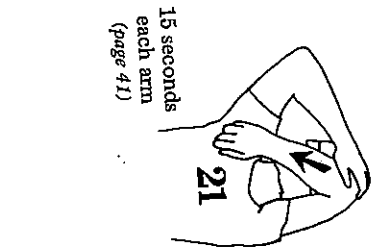
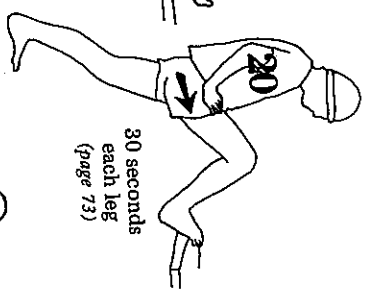
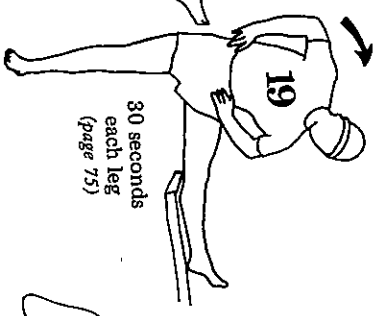
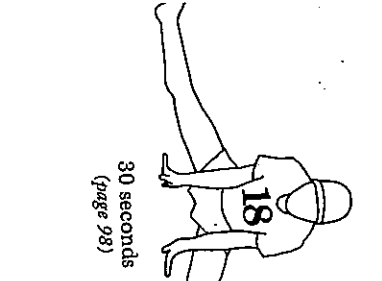
Martial Arts

Approximately 17 Minutes

Note: These stretches are not intended to replace your traditional routine, but can be used for improvement of overall flexibility.



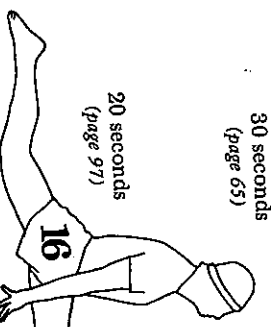
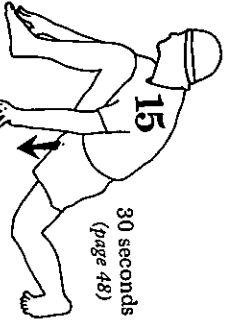
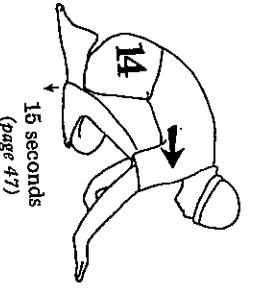
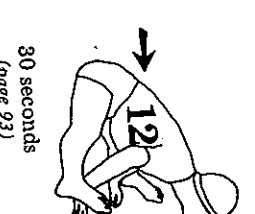
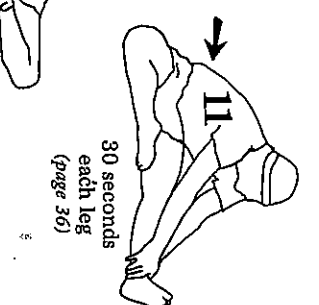
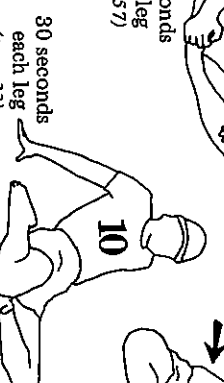
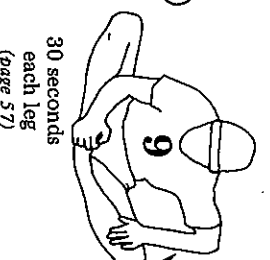
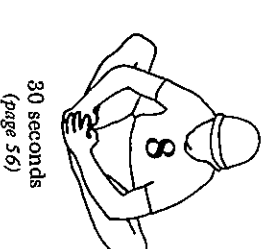
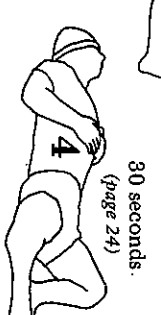
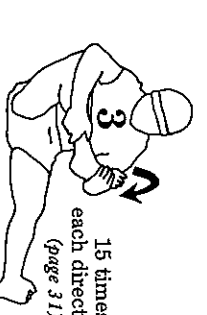
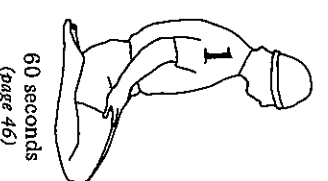
17 Repeat 14, 15, 16 other leg



Martial Arts

Approximately 17 Minutes

Note: These stretches are not intended to replace your traditional routine, but can be used for improvement of overall flexibility.



17 Repeat 14, 15, 16 other leg

