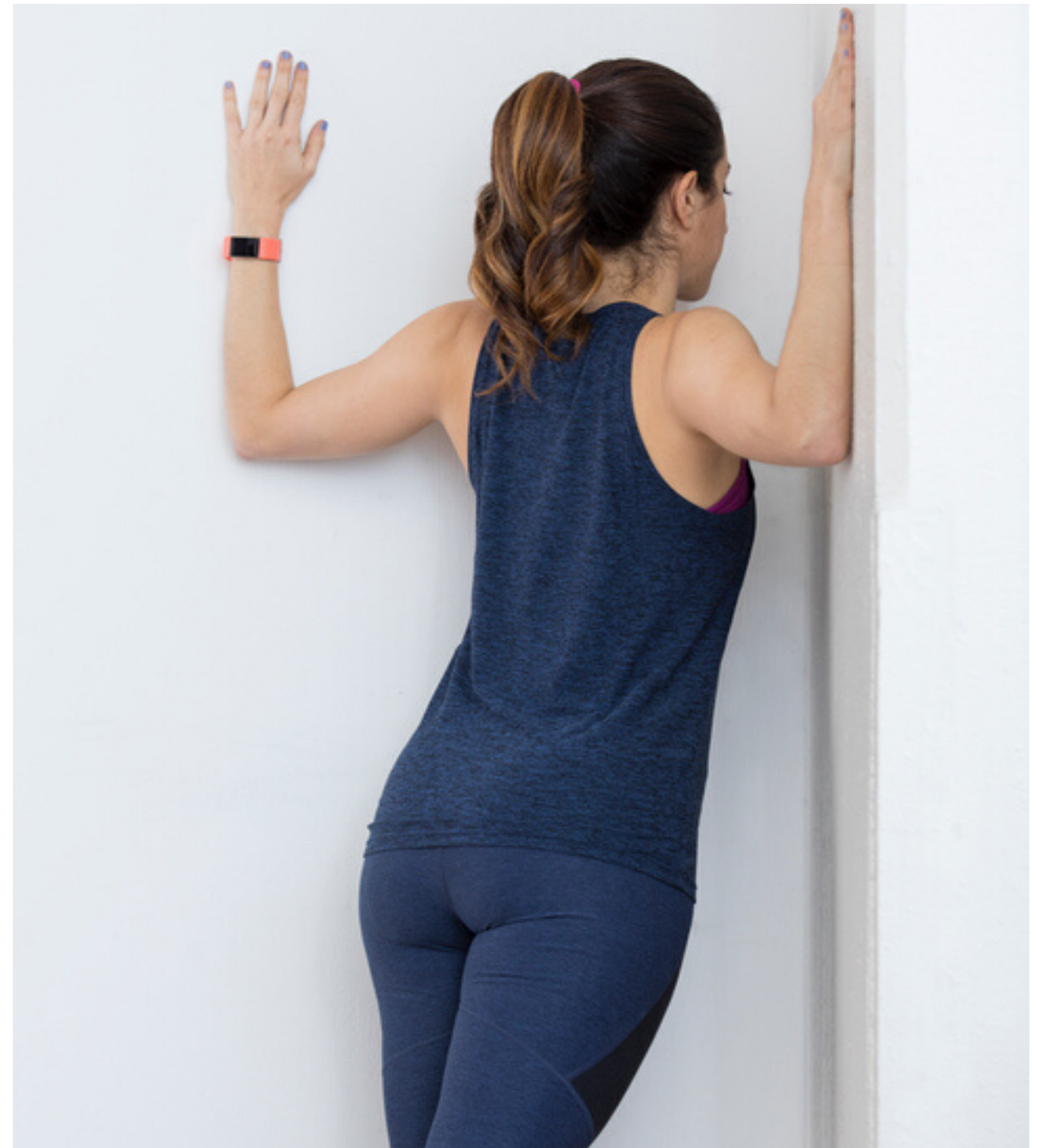


UPPER BODY STRETCHES

Hold each pose for at least 30 seconds



performed against a wall



performed in corner between 2 walls



moves arm up wall as you lean body forward

