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[illegible]

# GROUP OF Exercises

## Week 6

Yoga of the arms : dynamic stretches

### STANDING



### SITTING ON A CHAIR



### SITTING ON A MAT



# GROUP OF *Exercises*

## COMBO: BACK + ARMS

## Week 6

Yoga of the arms : dynamic stretches



### STANDING



### SITTING ON A CHAIR



### SITTING ON A MAT

