

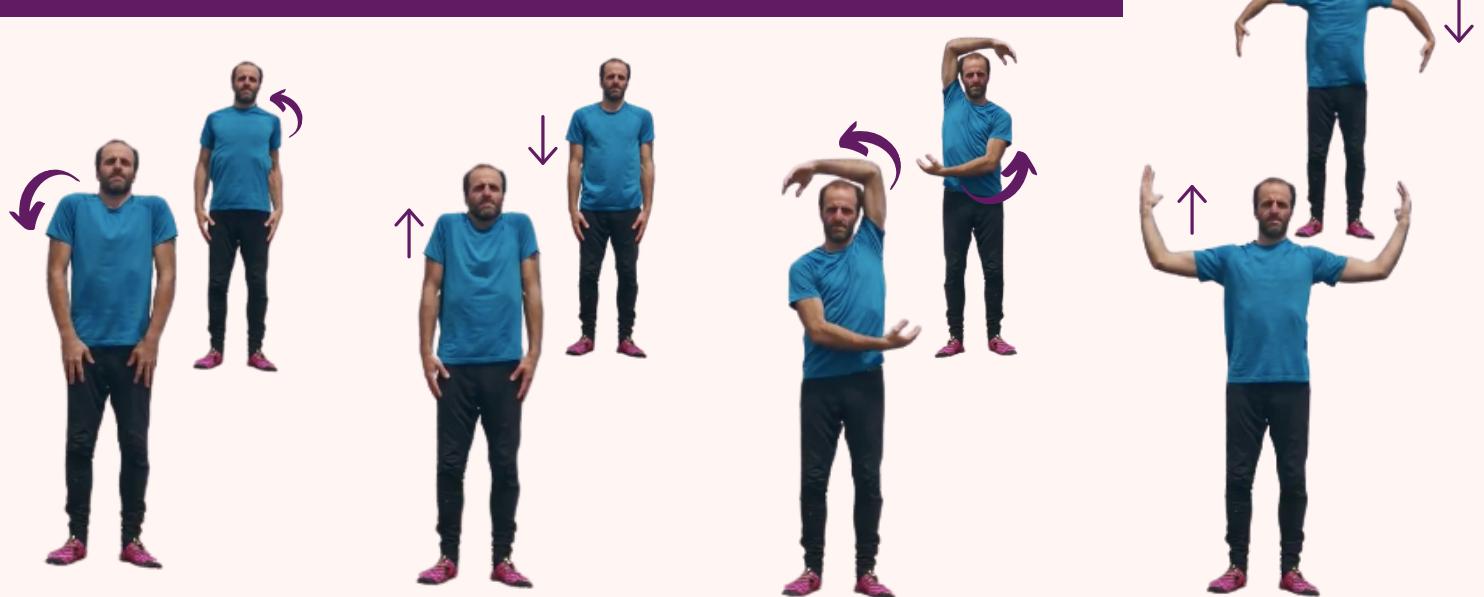
GROUP OF Exercises

Week 6

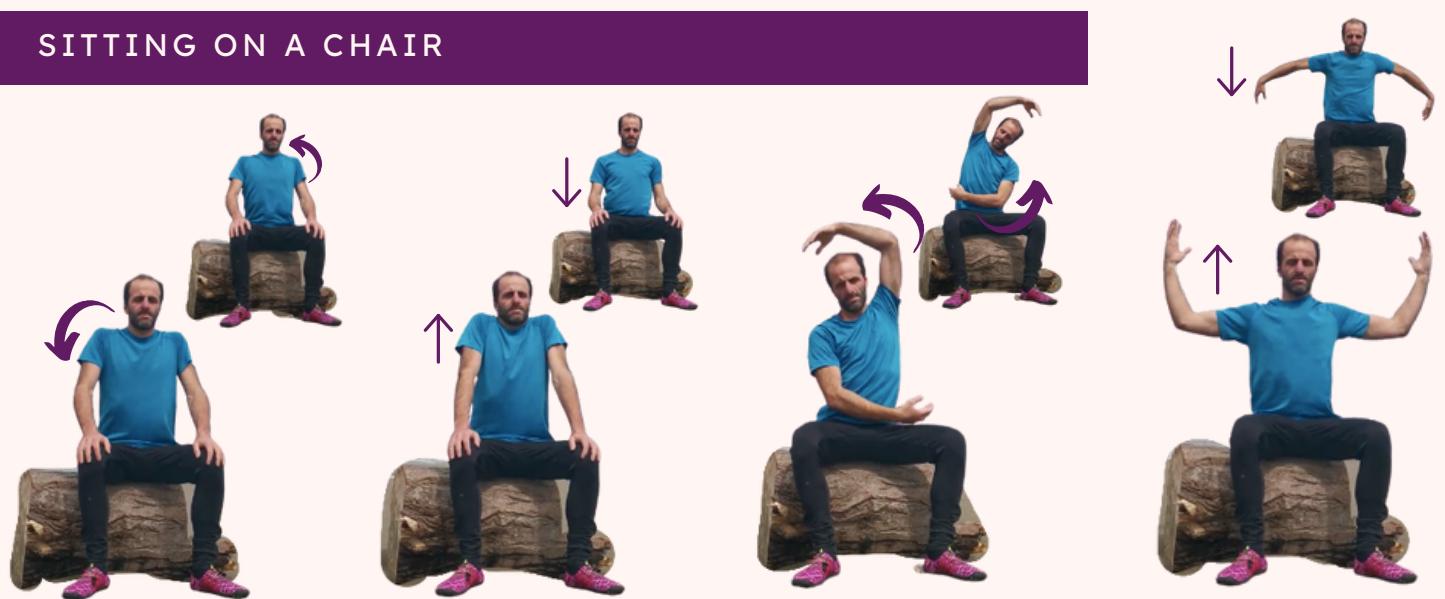
Yoga of the arms : dynamic stretches



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

