
[illegible]

GROUP OF

Exercises

Week 9

Yoga for legs: static streches

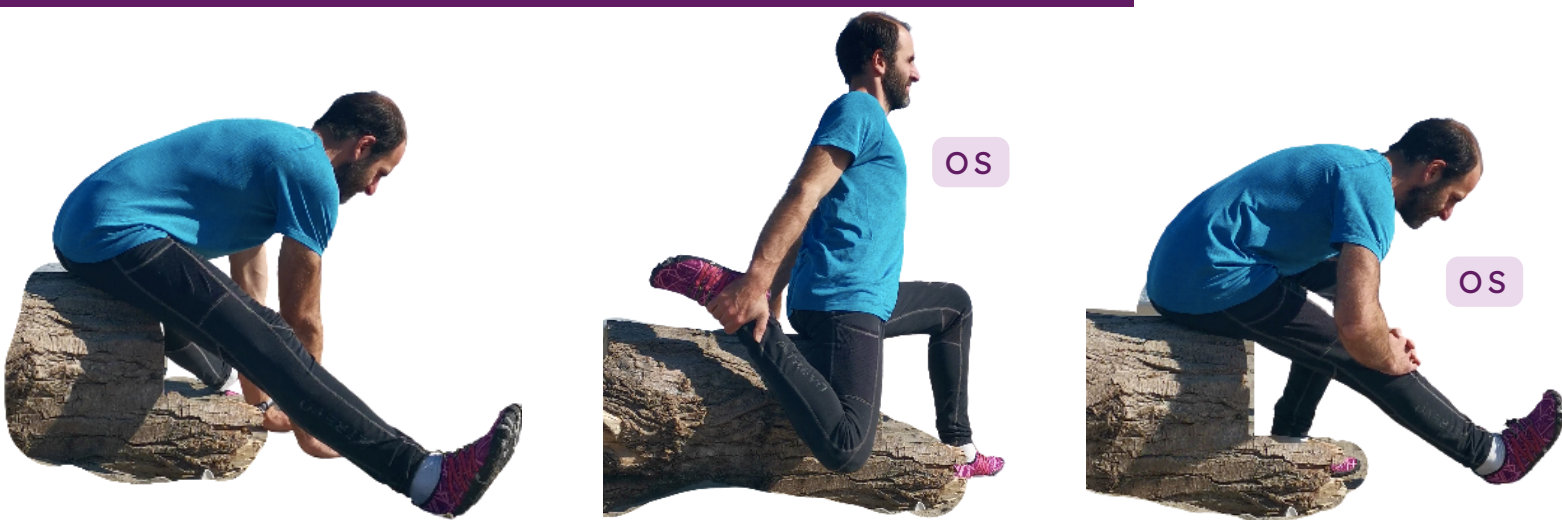


OS: OTHER SIDE

STAND UP



SITED ON A CHAIR



SITED ON A MAT

