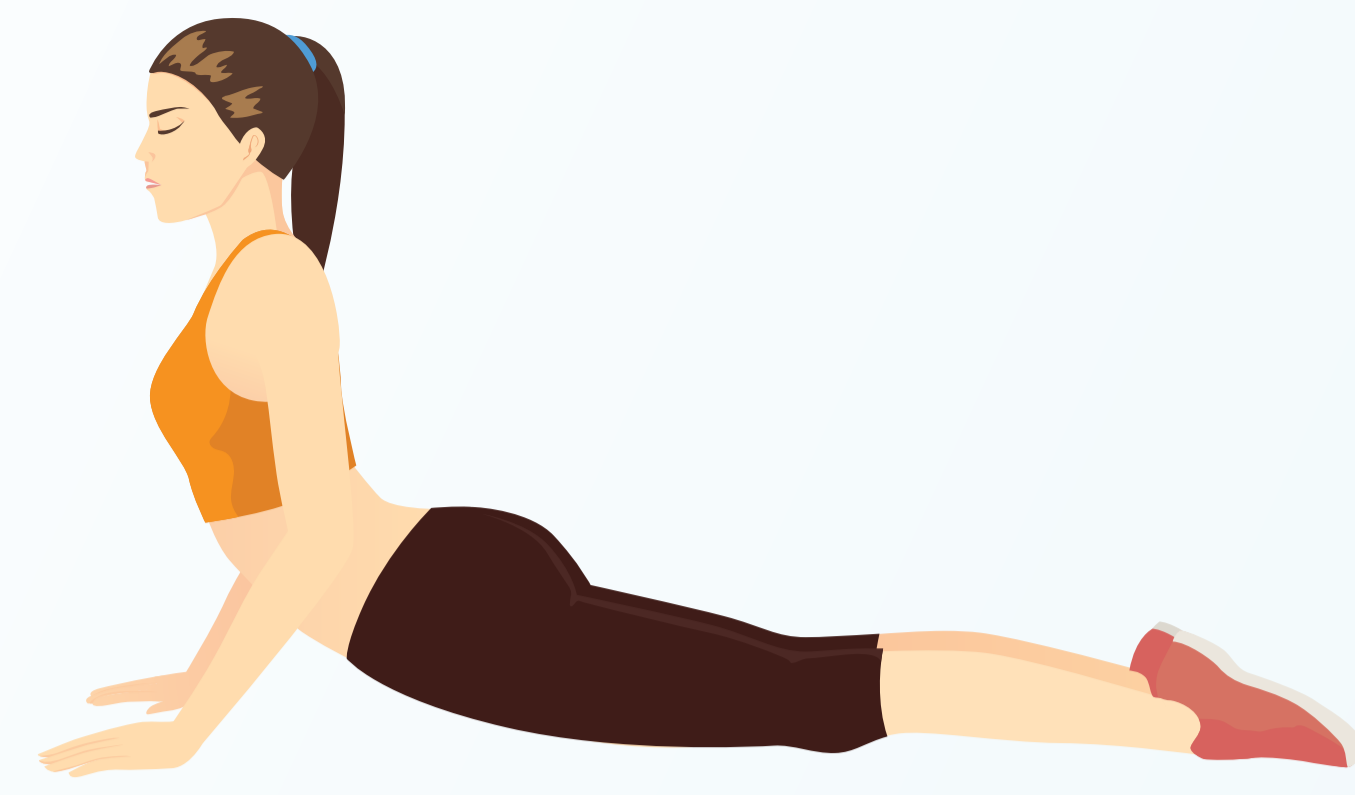
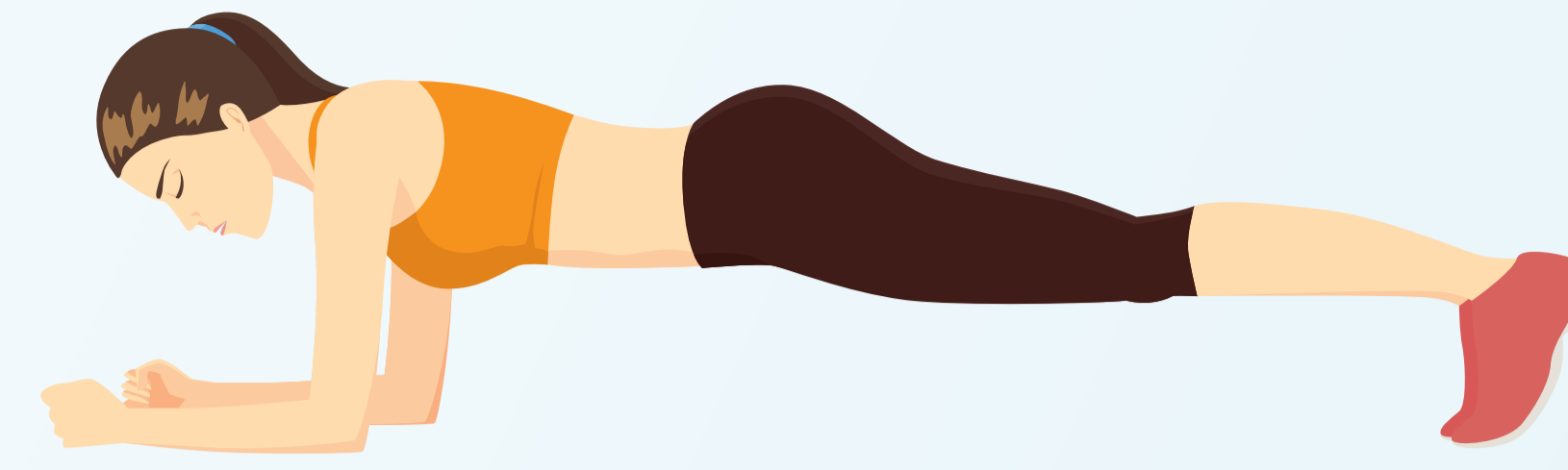




Lying hamstring stretch



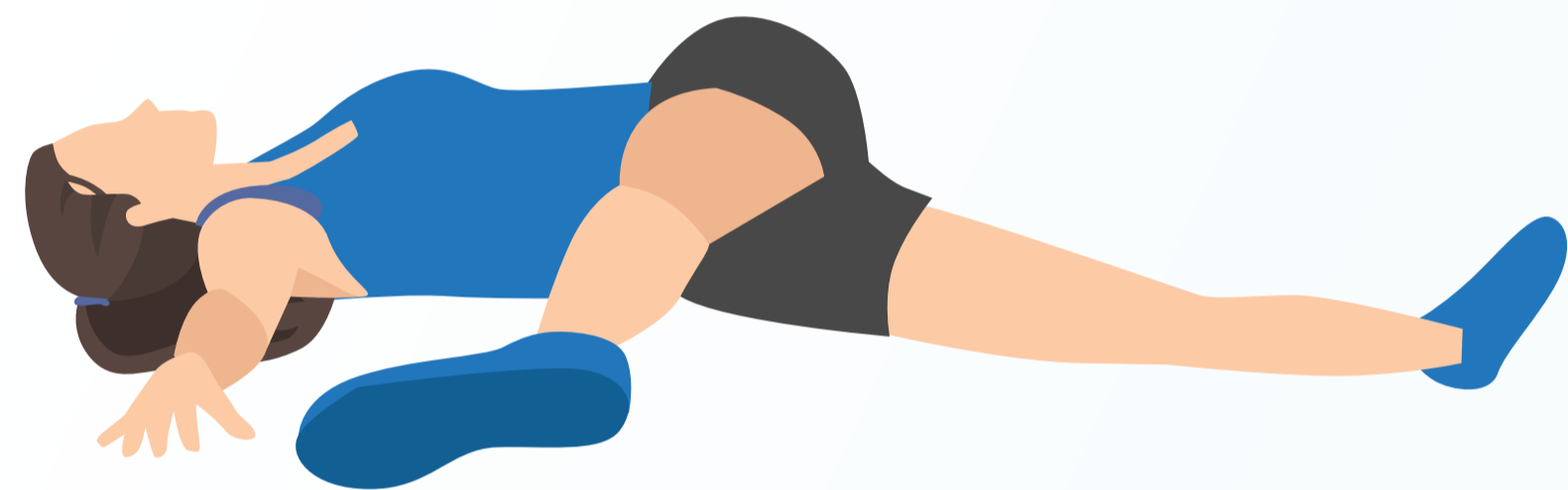
Cobra



Plank



Downward dog



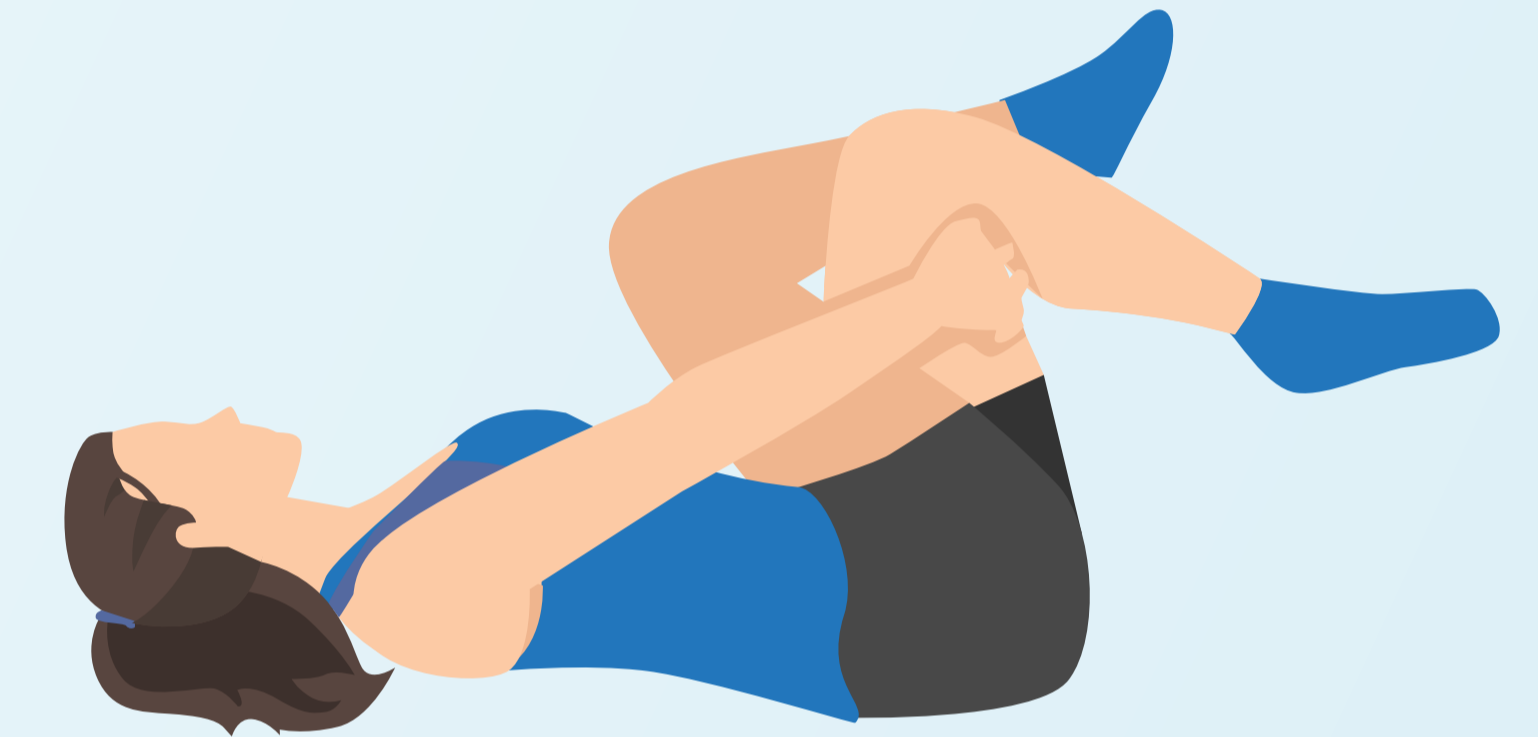
Lying torso twist



Runner's lunge



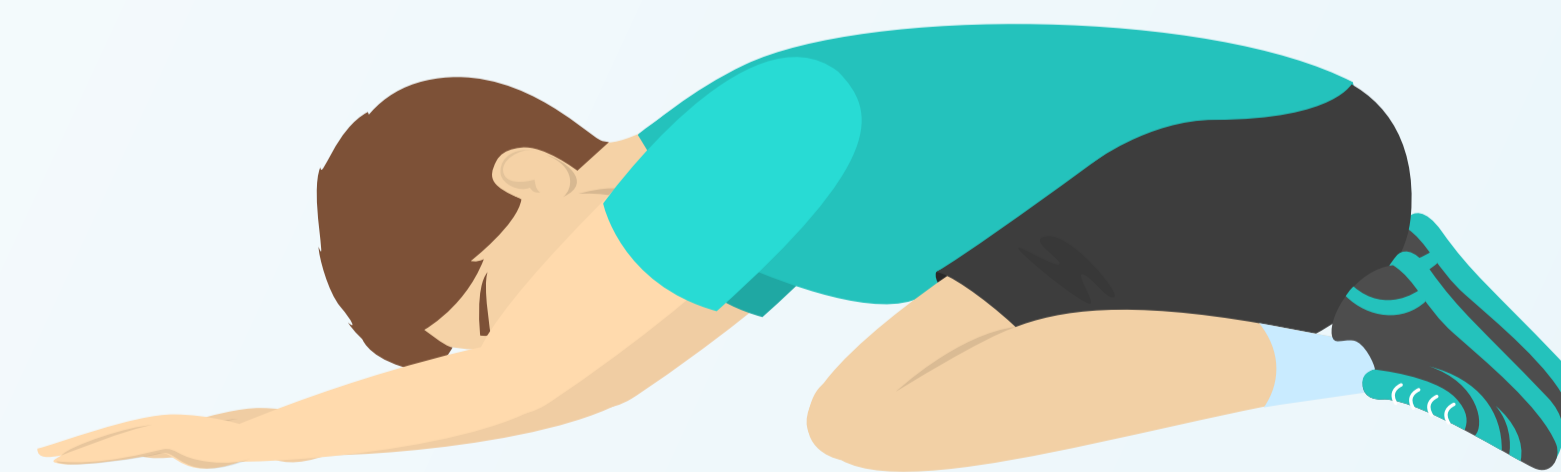
Pigeon



Ankle to knee



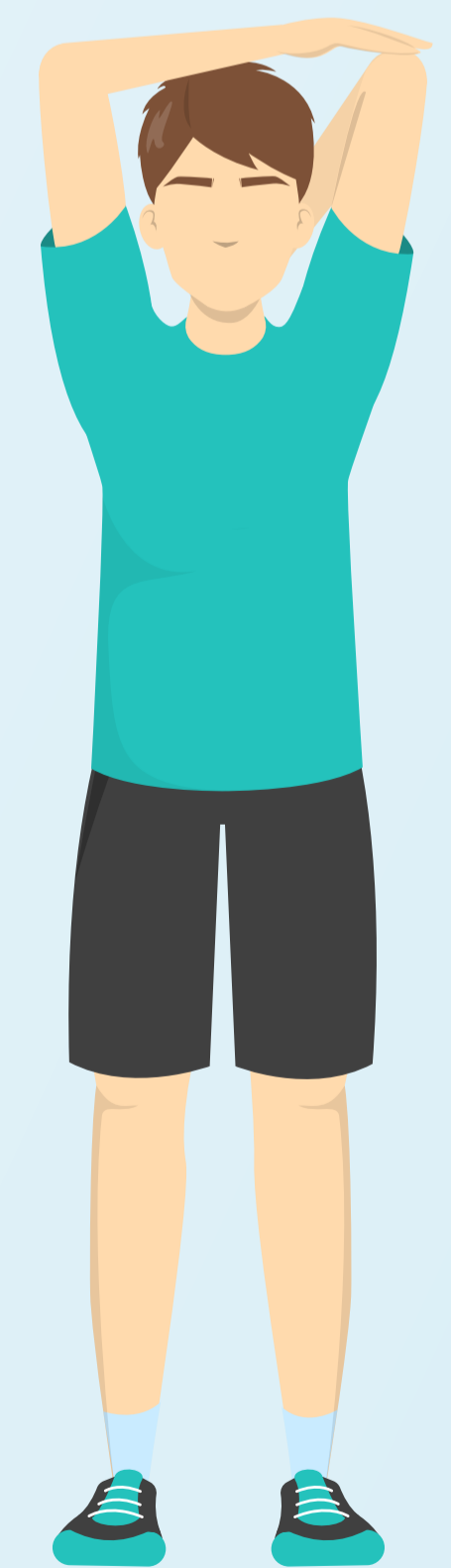
Forward bend



Child's pose



Shoulder stretch



Tricep stretch