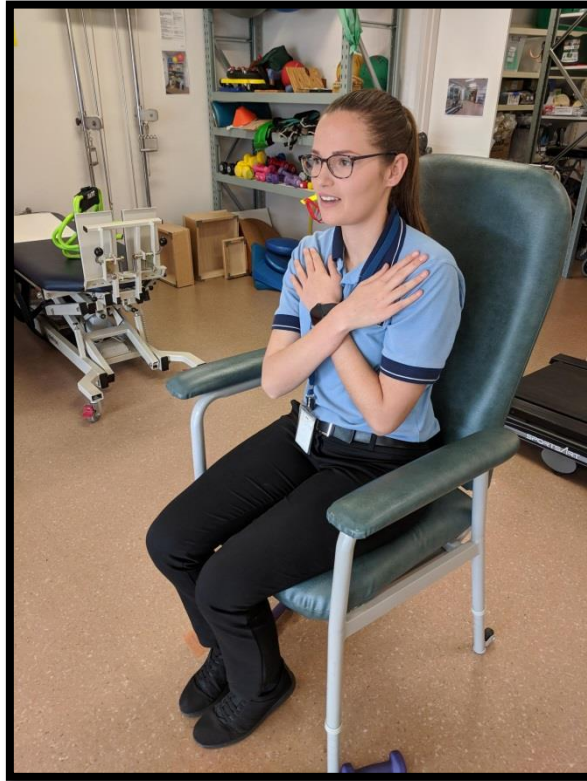


Stretch your back leaning forwards

Equipment:

- Chair



Stretch your back rotating to each side

Equipment:

- Chair