

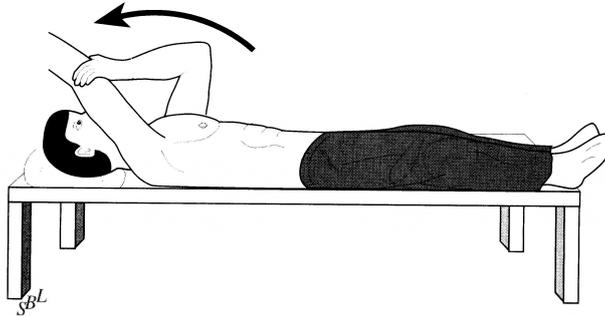
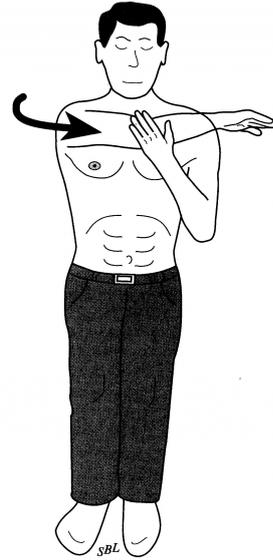
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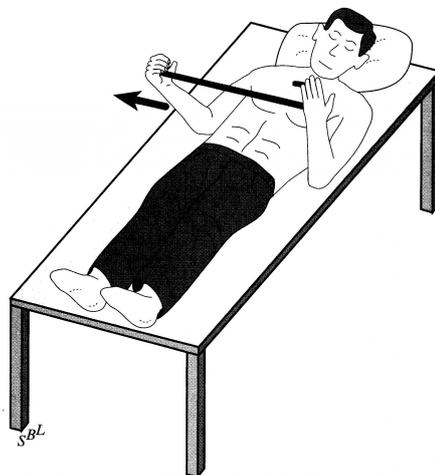
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### STANDARD STRETCHING EXERCISES



**This is the most important exercise**



With each exercise, hold end position for five seconds. Repeat each exercise five times in a block. Repeat each block a minimum of three times per day.