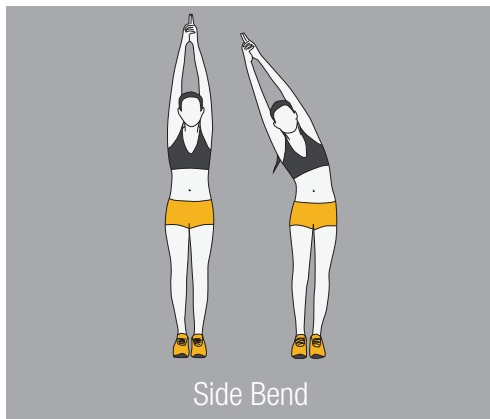
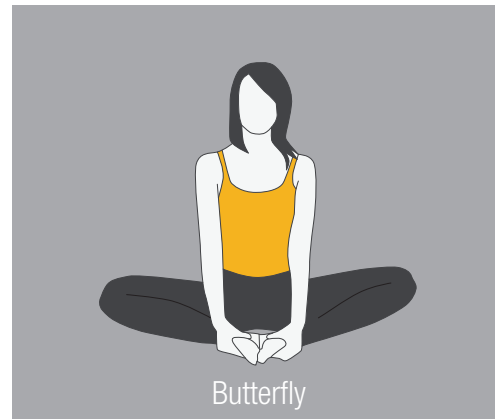
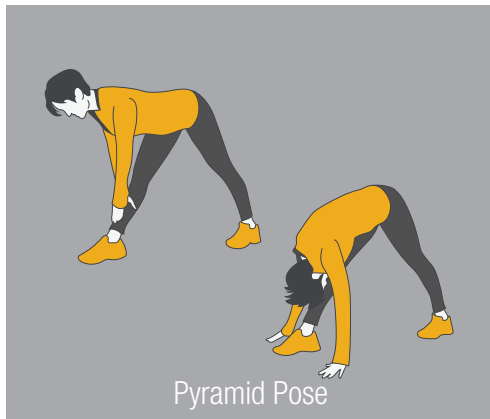
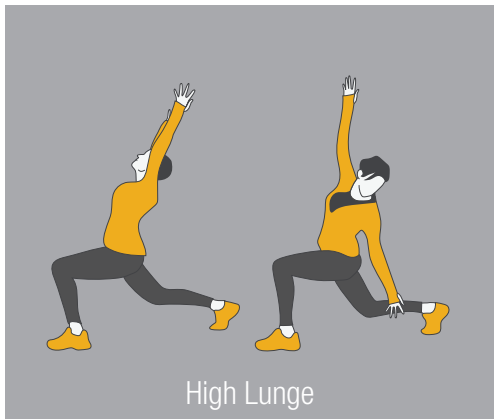


Hold each for 10-15 seconds and repeat with opposite side of the body.



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