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**Arm Stretch**

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**Side Stretch**

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**Windmill Toe Touches**

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**Hamstring Stretch**

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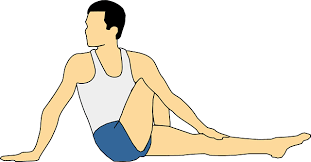
**Calf Stretch**

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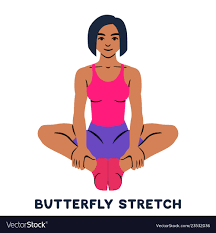
**Hip Flexor Stretch**

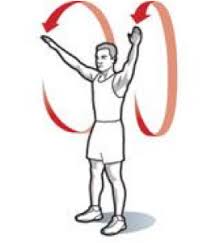


**Quadricep Stretch**



**Back Stretch**

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**Arm Circles**