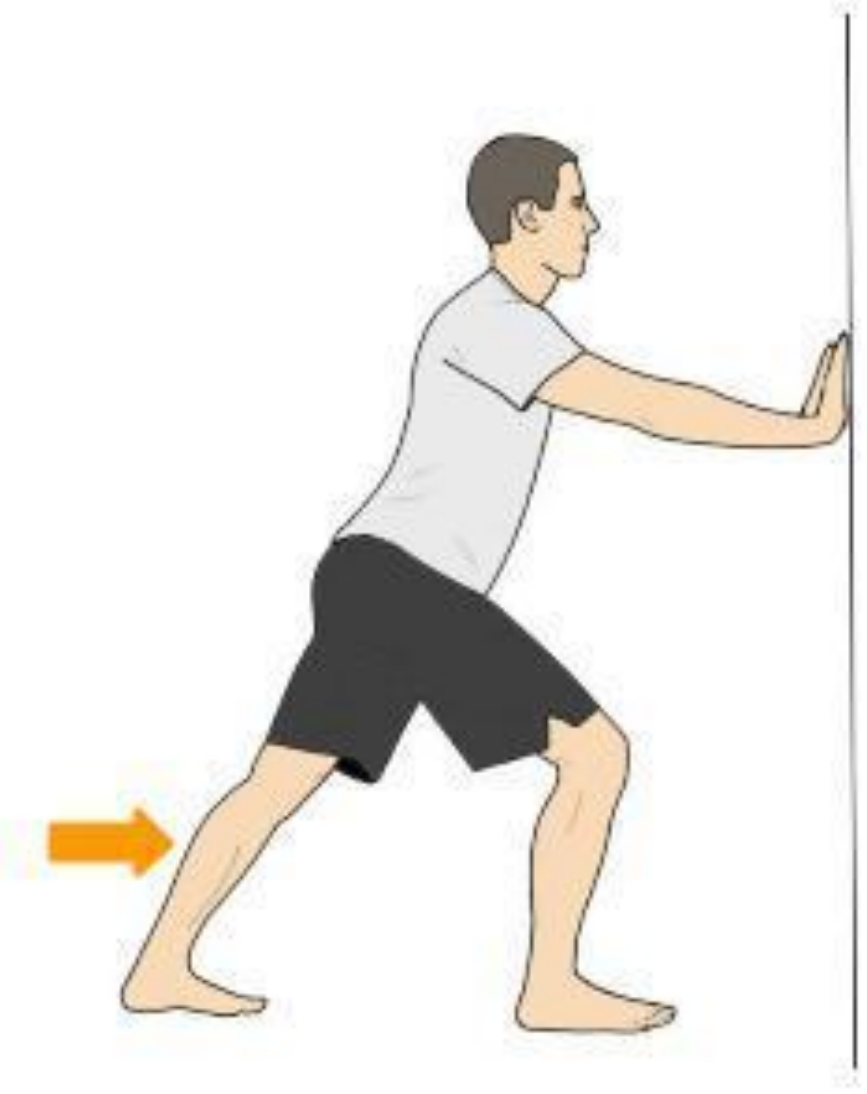




Calf stretch







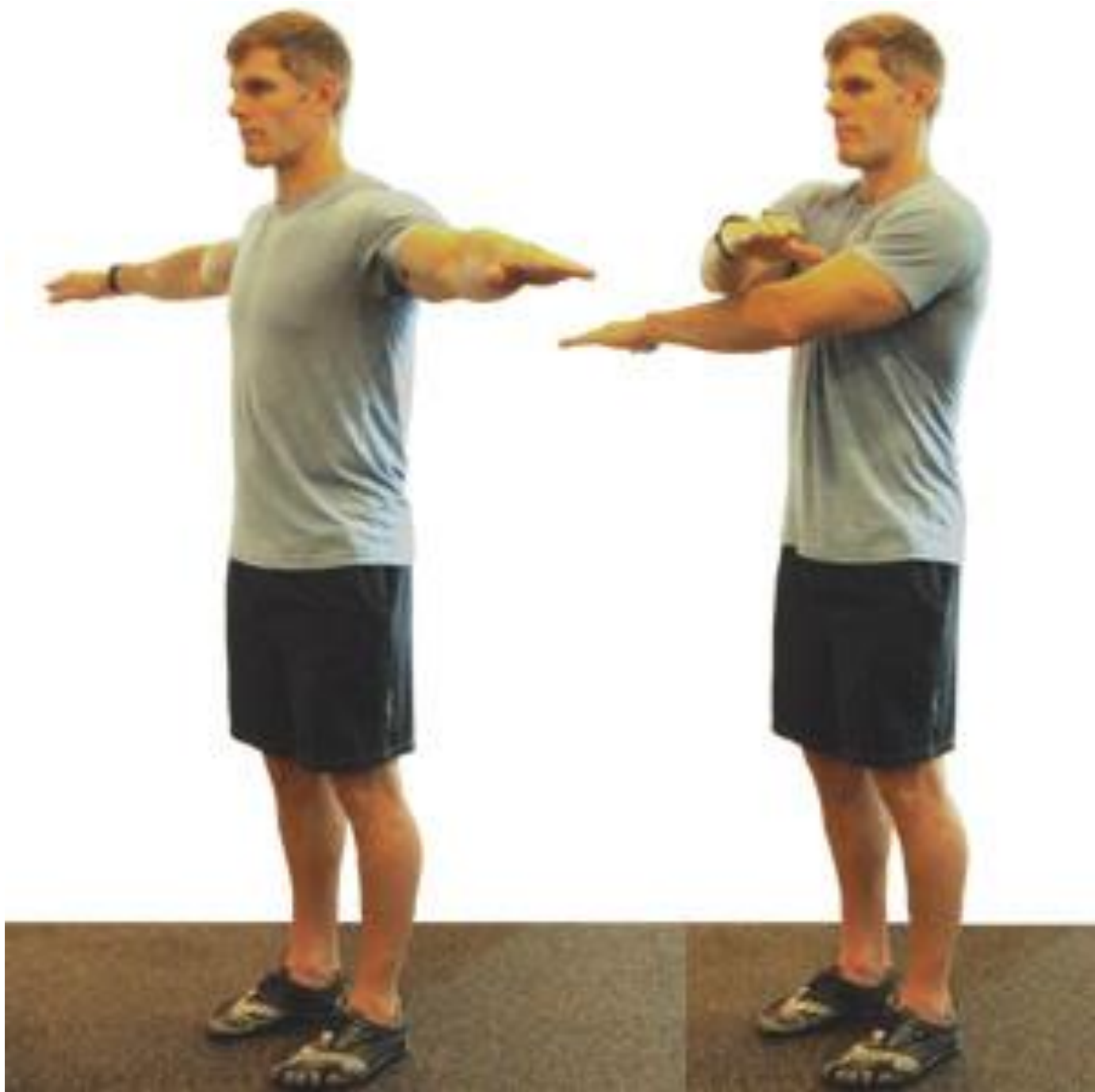












Lower
back
stretch











