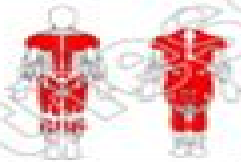


STRETCHING

DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



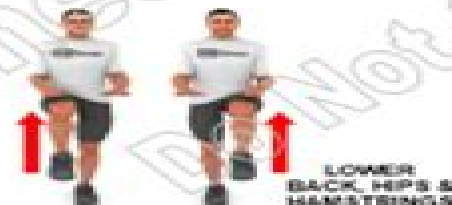
CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIP'S & HAMSTRINGS



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HIP ADDUCTORS, ABDUCTORS & GROIN



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zaza s green dress the music the beautiful white star on her finger no they can t steal it the train comes and the men get on

marcel pulls down his hat and follows them half an hour later he gets off again at la mouette station but there are hundreds

of people and marcel loses the two men then he sees an old mouse excuse me he says

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on it marcel can see lots of photographs boxes and perfume bottles he runs across the floor and up one leg of the table now

he thinks it s time to take off the white star in the morning zaza is going to be very then marcel stops oh no he cannot take

the ring off he pulls and pulls but nothing happens

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