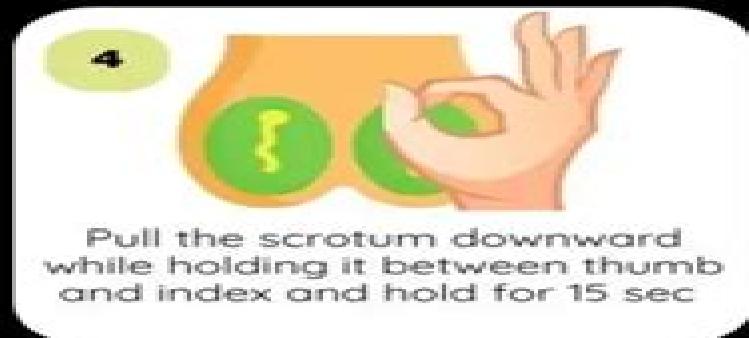


# HOW TO PERFORM A BALL STRETCH



# Ball Stretching Guide

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