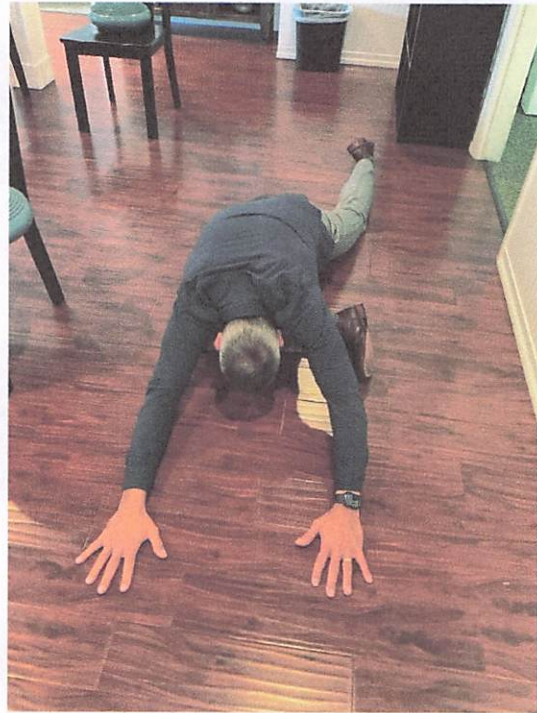
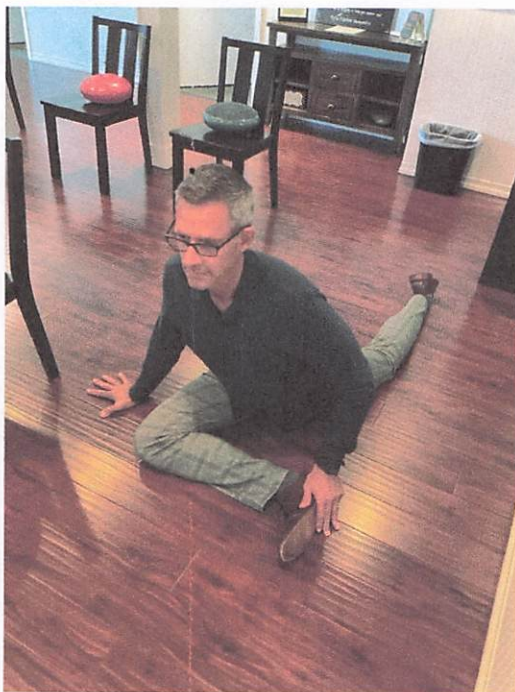


## FLOOR STRETCHES



ONE LEG EXTENDED BEHIND BODY, OTHER LEG BENT PERPENDICULAR UNDERNEATH ABDOMEN ↑



ONE LEG EXTENDED BEHIND BODY, OTHER LEG BENT PERPENDICULAR IN FRONT OF BODY ↑