
MOVE BETTER FEEL BETTER

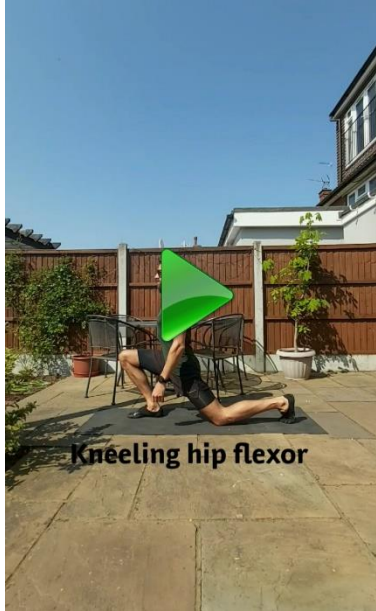
EXERCISE

LIBRARY

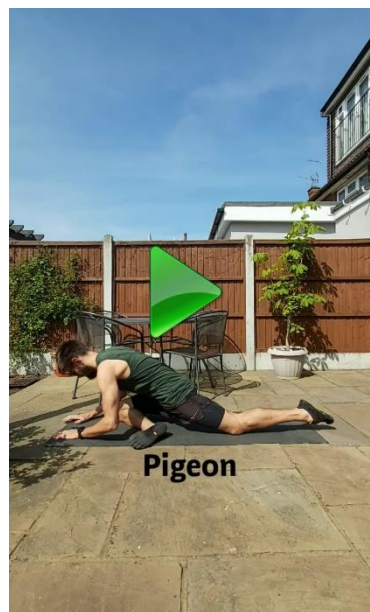
FLEXIBILITY

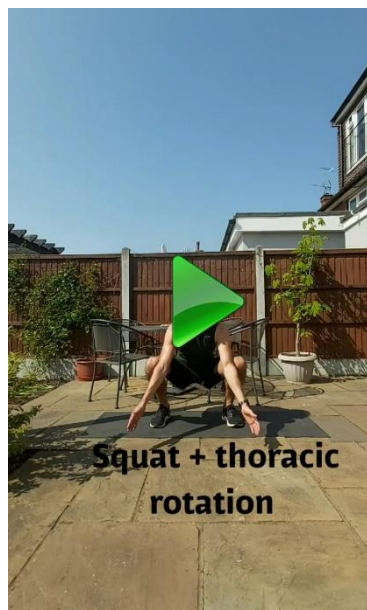
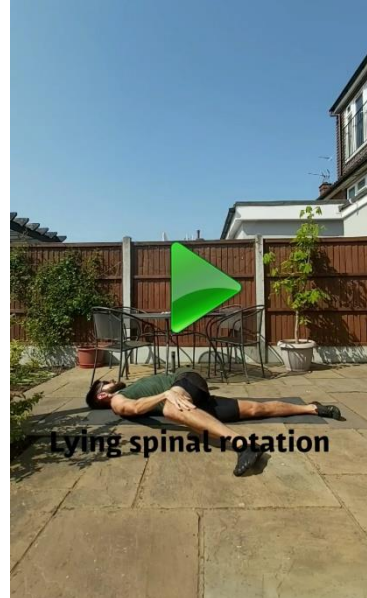
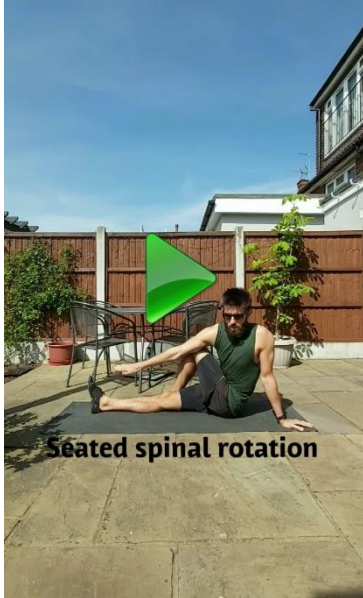


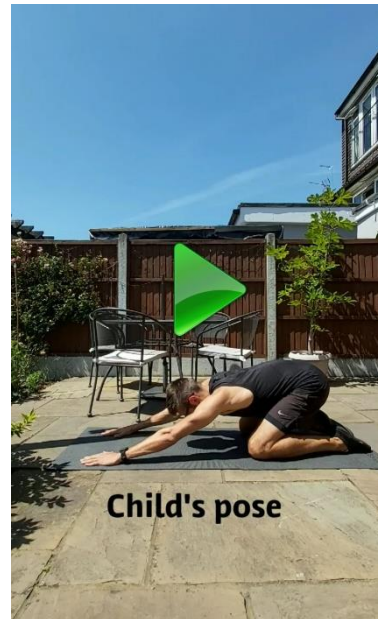
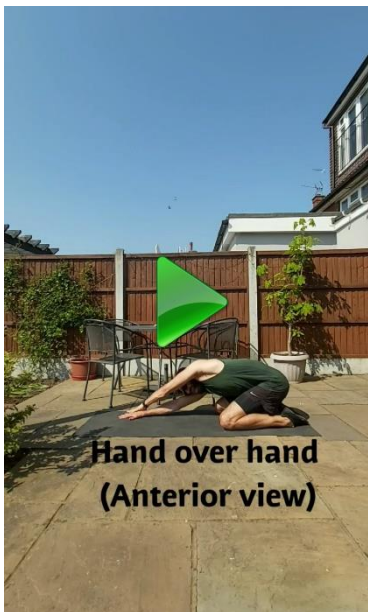
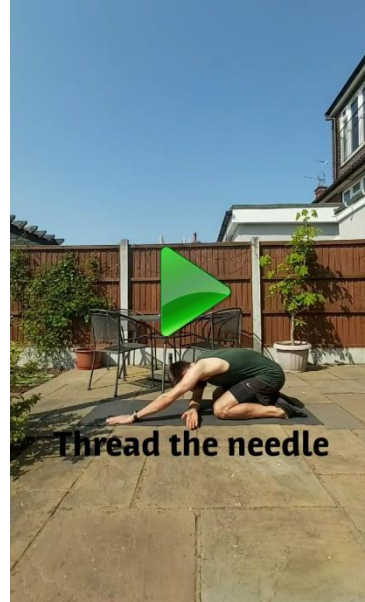
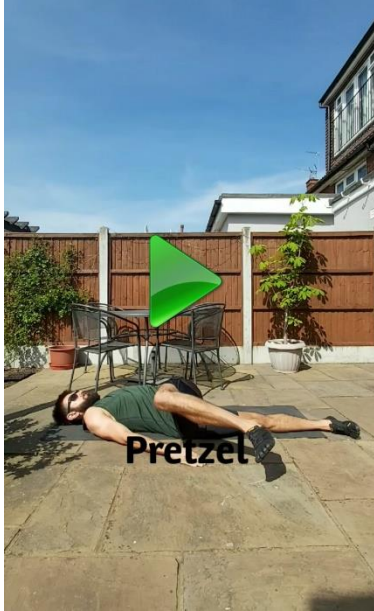














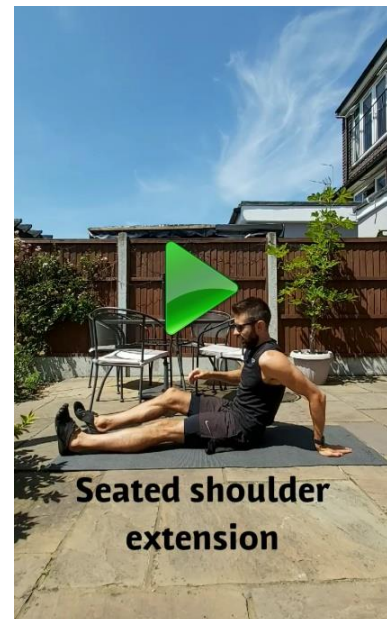
Standing bicep



Standing tricep



**Scorpion
(Anterior view)**



**Seated shoulder
extension**

