

Back Exercise

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Leg Stretch



Cat-Cow Movement



Cross Arm Leg Movement



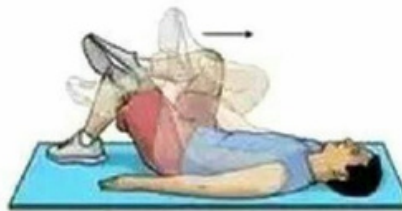
Side Waist Strengthening



Hip Strengthening



Abdominal Strengthening



Hip Stretch



Lower Back - Core Strengthening

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Swimming Movement



Superman Movement