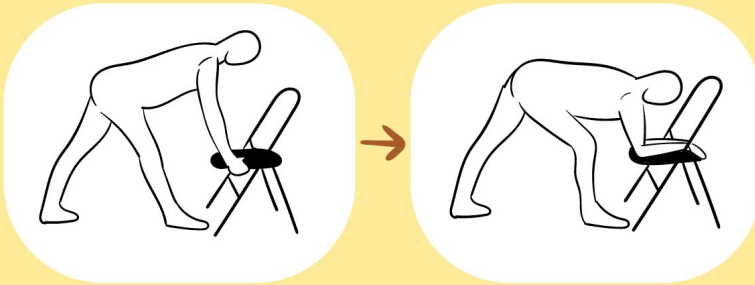


CHAIR EXERCISES

TRIANGLE



FRONT LEG STRETCH



FRONT LEG STRETCH
(VARIATION 1)

