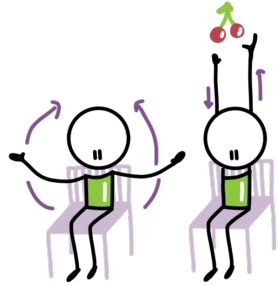


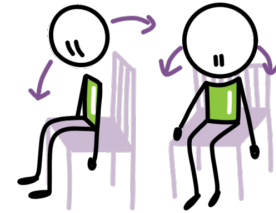
HOME OFFICE GYMNASTICS



Upward Stretch



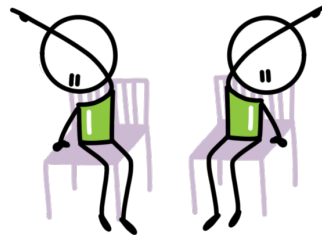
Shoulder Rotation



Head Nods



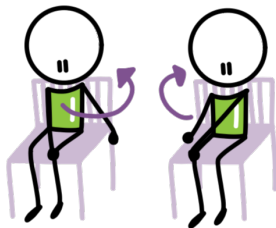
Forward Bend



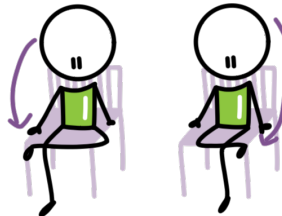
Side Stretch



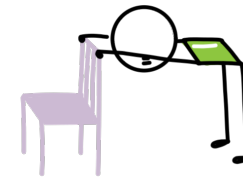
Cow / Cat



Spine Twist



Hip Stretch



Standing Stretch