

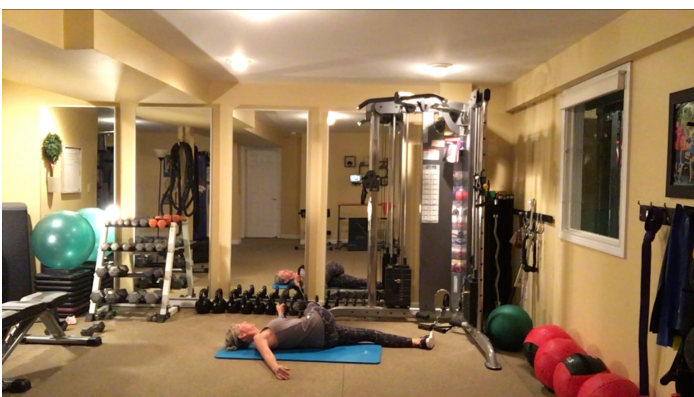
Upper back stretch



Chest stretch



Russian twist



Hip & hamstring stretch