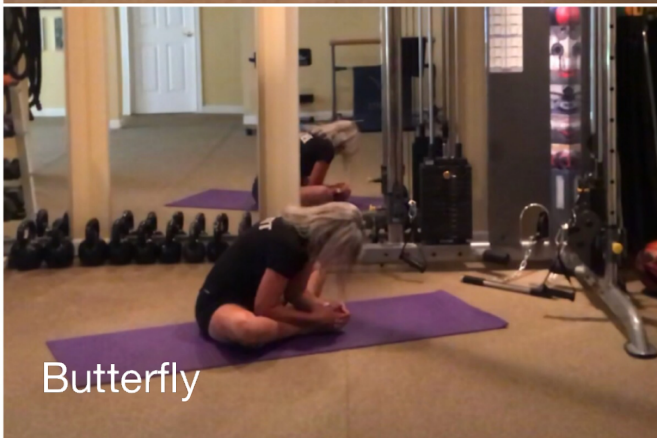




Hamstring



Back stretch



Butterfly