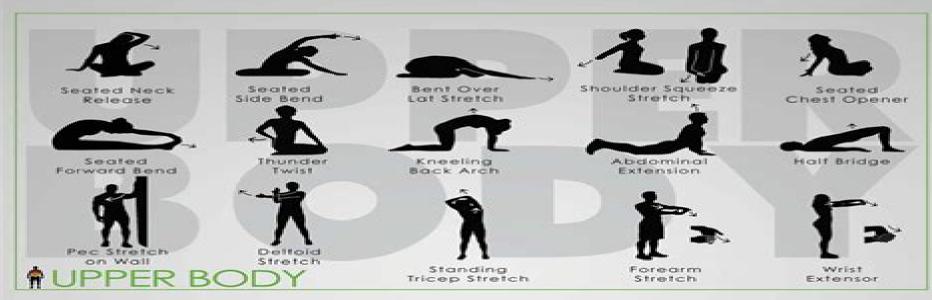
# STRETCHING GUIDE





# **Stretching Flexibility Poster Set**

**Kayla Itsines** 

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