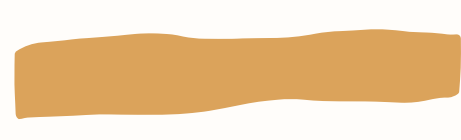


# Time For Some Wall Stretches!



These stretches can be done anytime and anywhere!

## Outside



## With Friends



## At Home

