

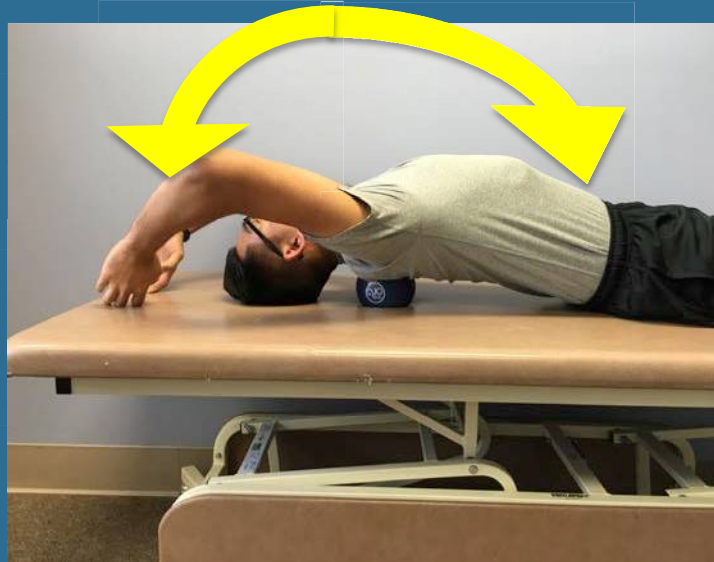
Extension Exercises (I do them daily - 30 seconds)



Passive Stretching, 6 inch roller Anti-Kyphotic

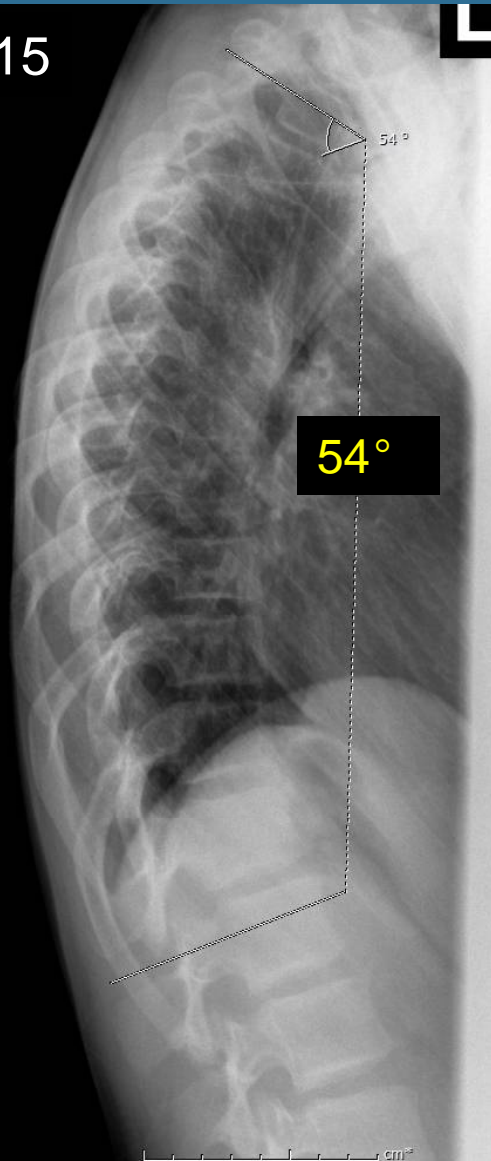


Passive Stretching 5-7" Ball Anti-Kyphotic + Opens Shoulders



Improvement from extension stretching teenage girl

Oct 2015



Jan 2016

