



Standing hamstring stretch



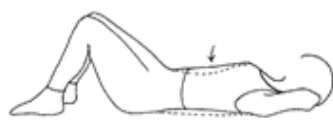
Cat and camel



Standing hamstring stretch



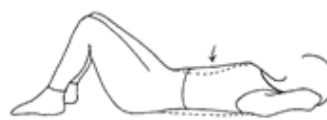
Cat and camel



Pelvic tilt



Partial curl



Pelvic tilt



Partial curl



Prone hip extension



Prone hip extension



Standing hamstring stretch



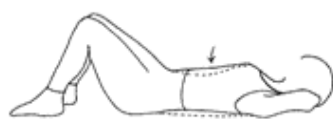
Cat and camel



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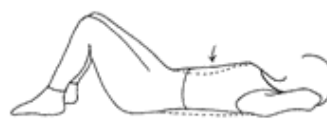
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