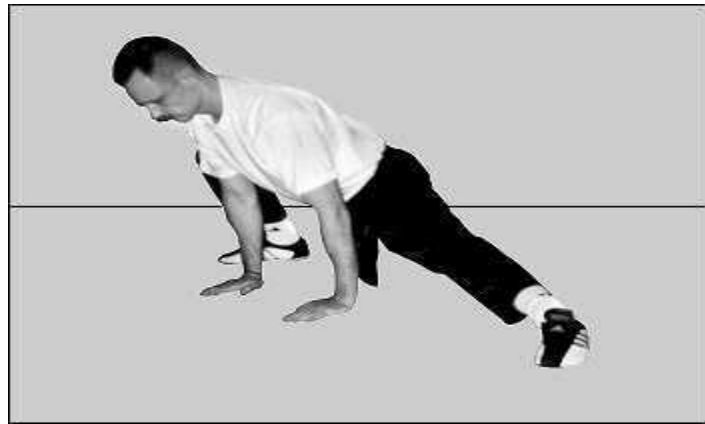
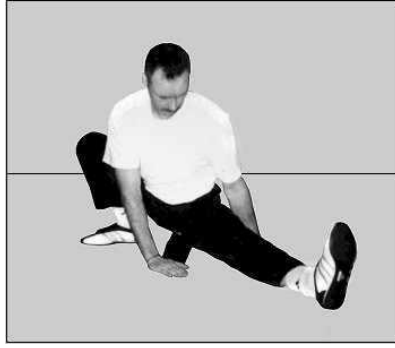




Basic Stretching Exercises



Type of Kicks for Exercises

