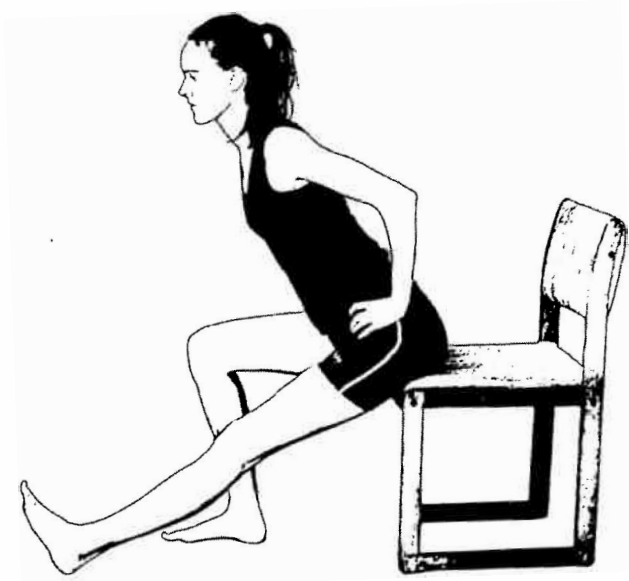




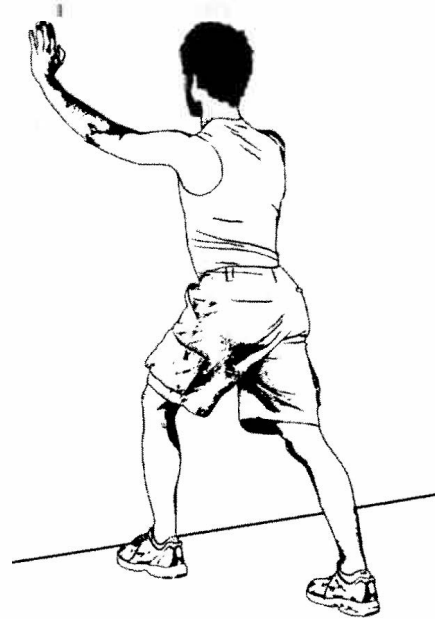
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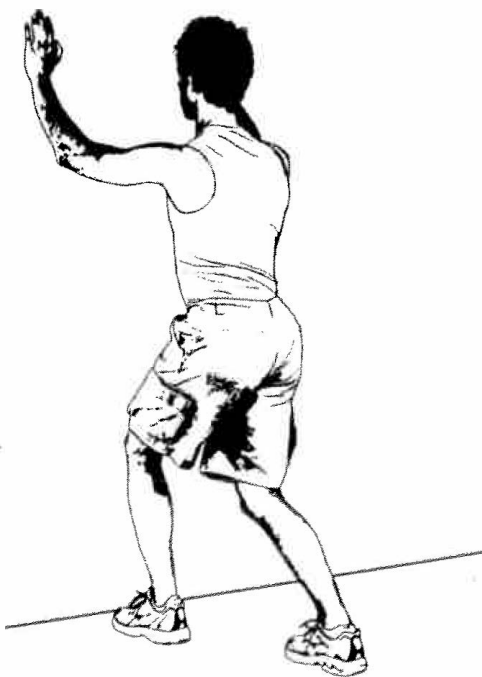
HipHab Stretches



Seated Hamstring Stretch



Gastroc Stretch



Soleus Stretch



Hip Flexor Stretch