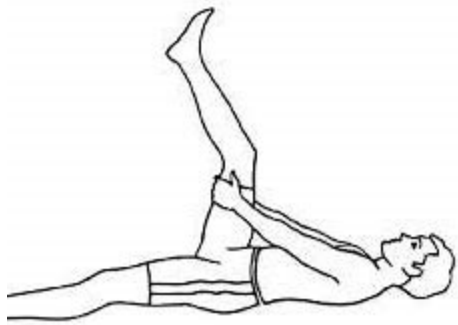


BACK STRETCHES

Journey To Fitness, L.L.C – Oregon City, OR – Michelle Alpiner – Master Trainer



Knees To Chest



Hamstring Stretches



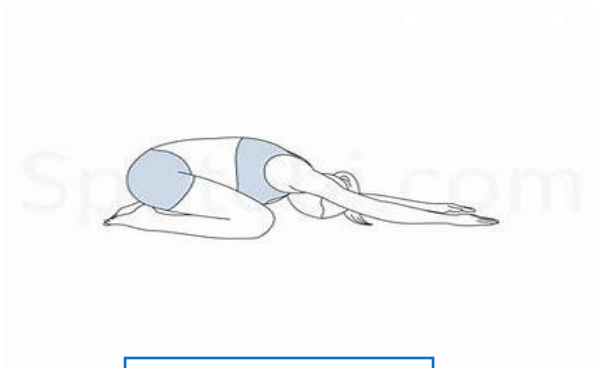
Mid Back Rotation



Cat – Cow Stretch



Piriformis Stretch



Child's Pose