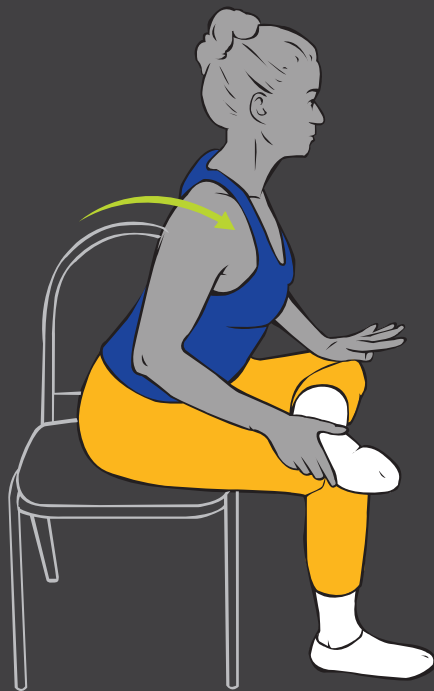
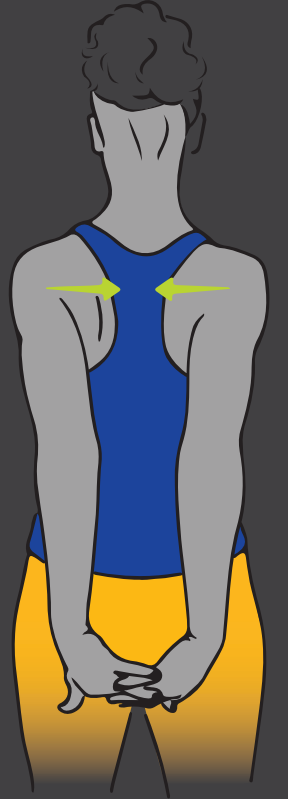
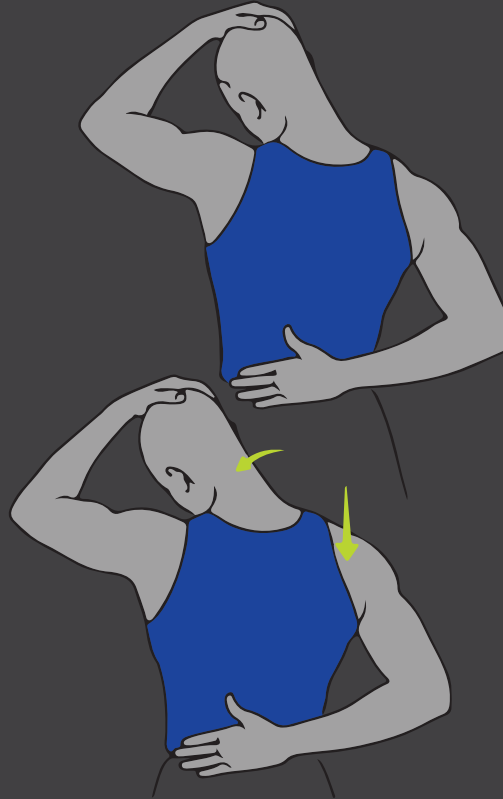
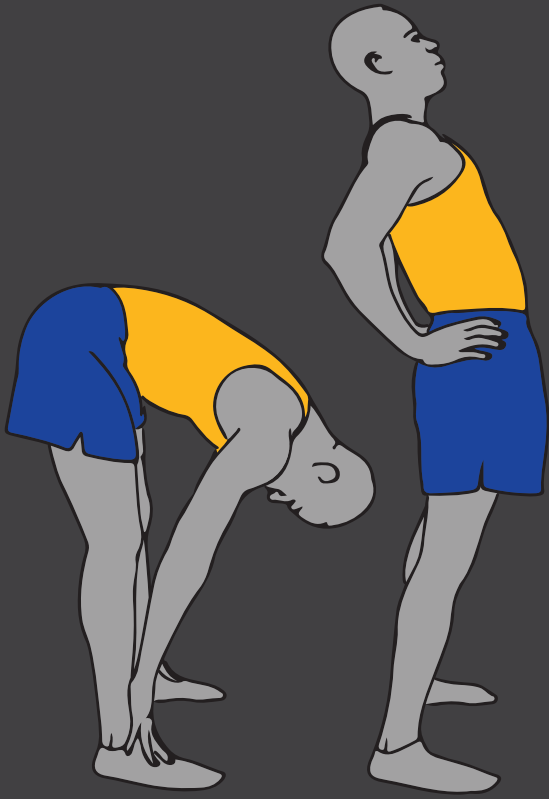


MOVE MORE

FOR 3 TO 4



STRETCHES TO DO RIGHT NOW



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BE WELL

BE LESS STRESSED