


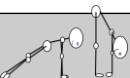





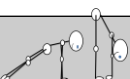



Two by Two Dynamic Flexibility

You and		Complete Walking lunges 
You and		Complete Cross and touch 
You and		Complete Spidermans 
You and		Touch 3 walls
You and		Complete Inchworms 
You and		Stretch your Quadricep muscle
You and		Complete Lateral squats 
You and		Speed walk around the outside of the cones 

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