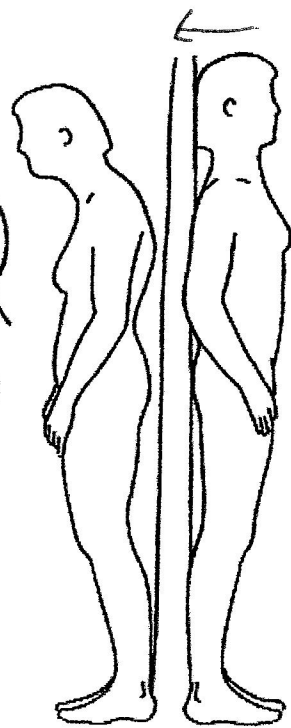
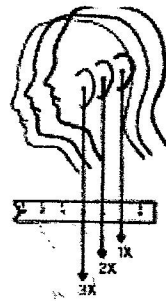


2-3 x/day 3 sets 15 sec



push Back against wall

6 sec on
3 sec off
1-2 minutes
2-3 x/day

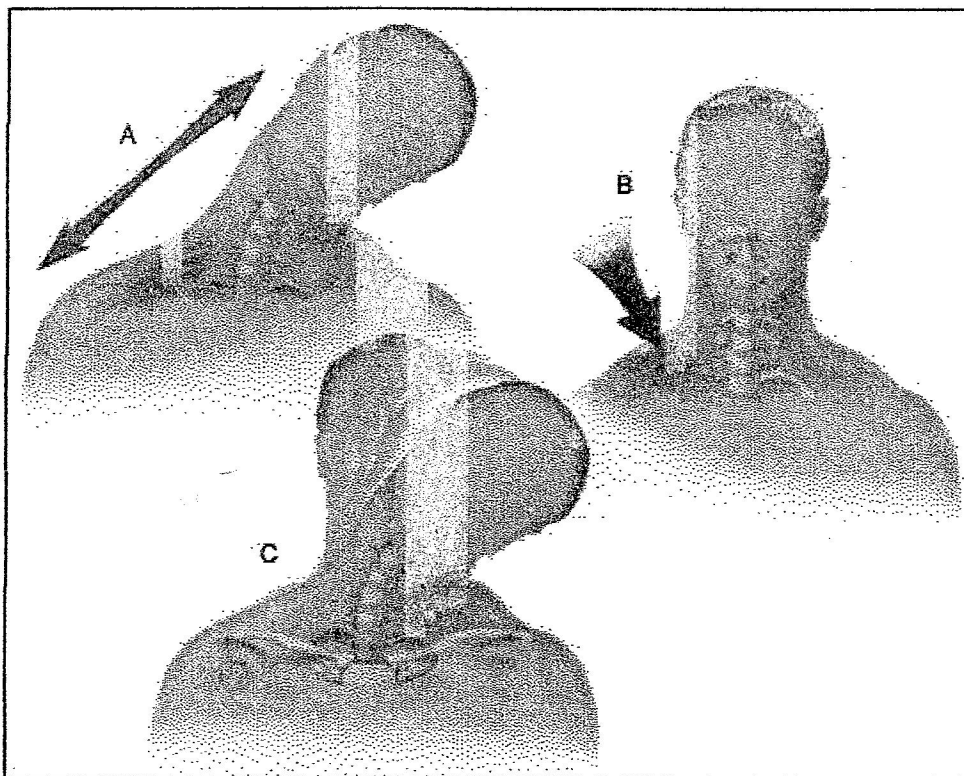


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2-3 x/day 3 sets 15 sec