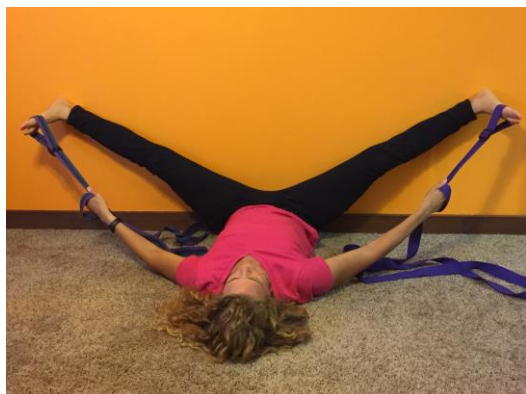
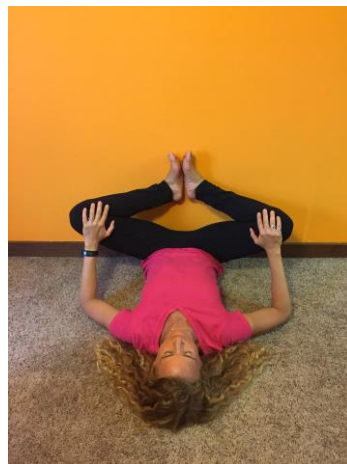


Legs Up The Wall Series

Be sure to be a comfortable distance from the wall.

Knees are not bent in straight leg positions.



Add a strap
for more
intensity.

Never cause
pain; soften into
the stretch.

