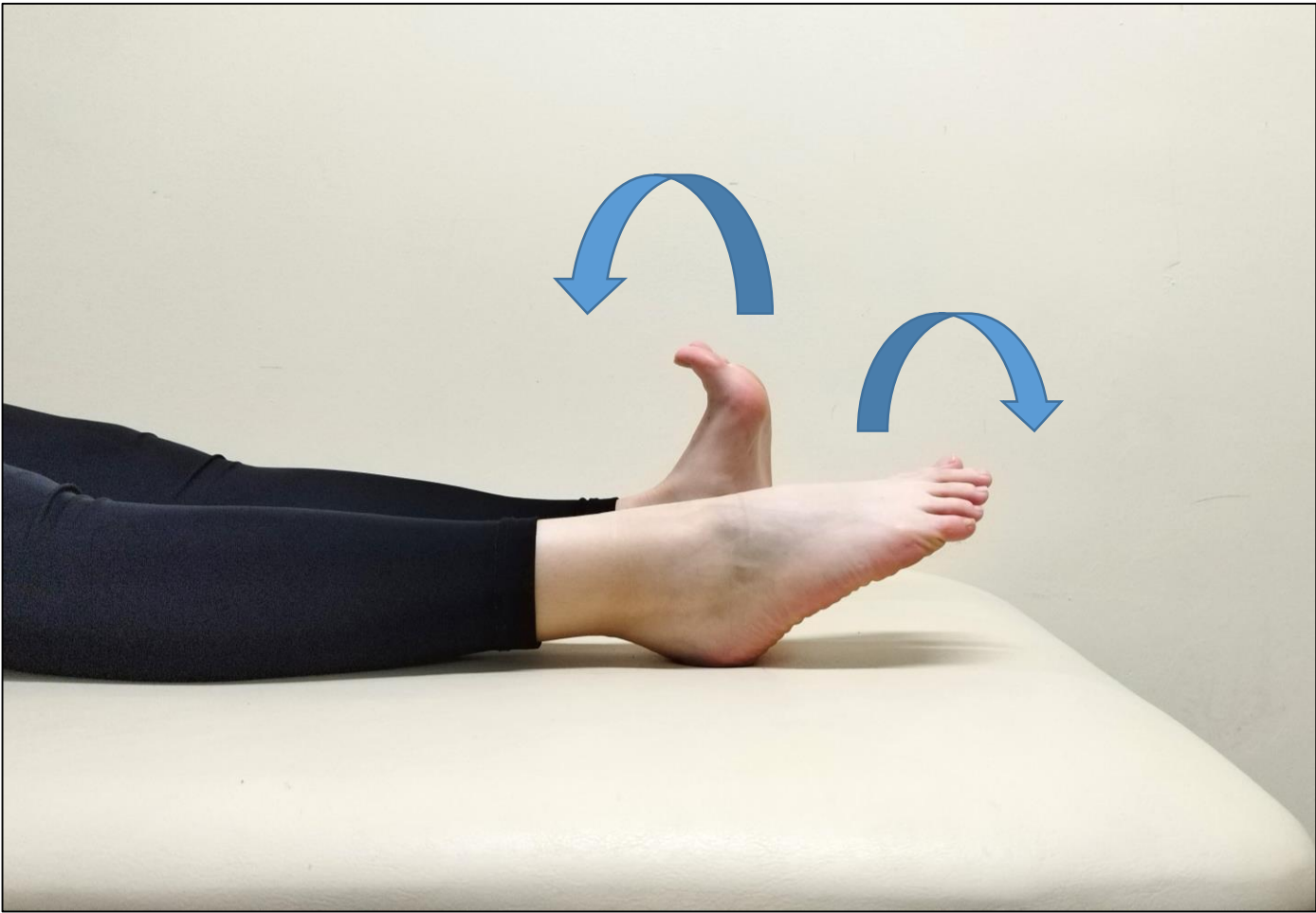
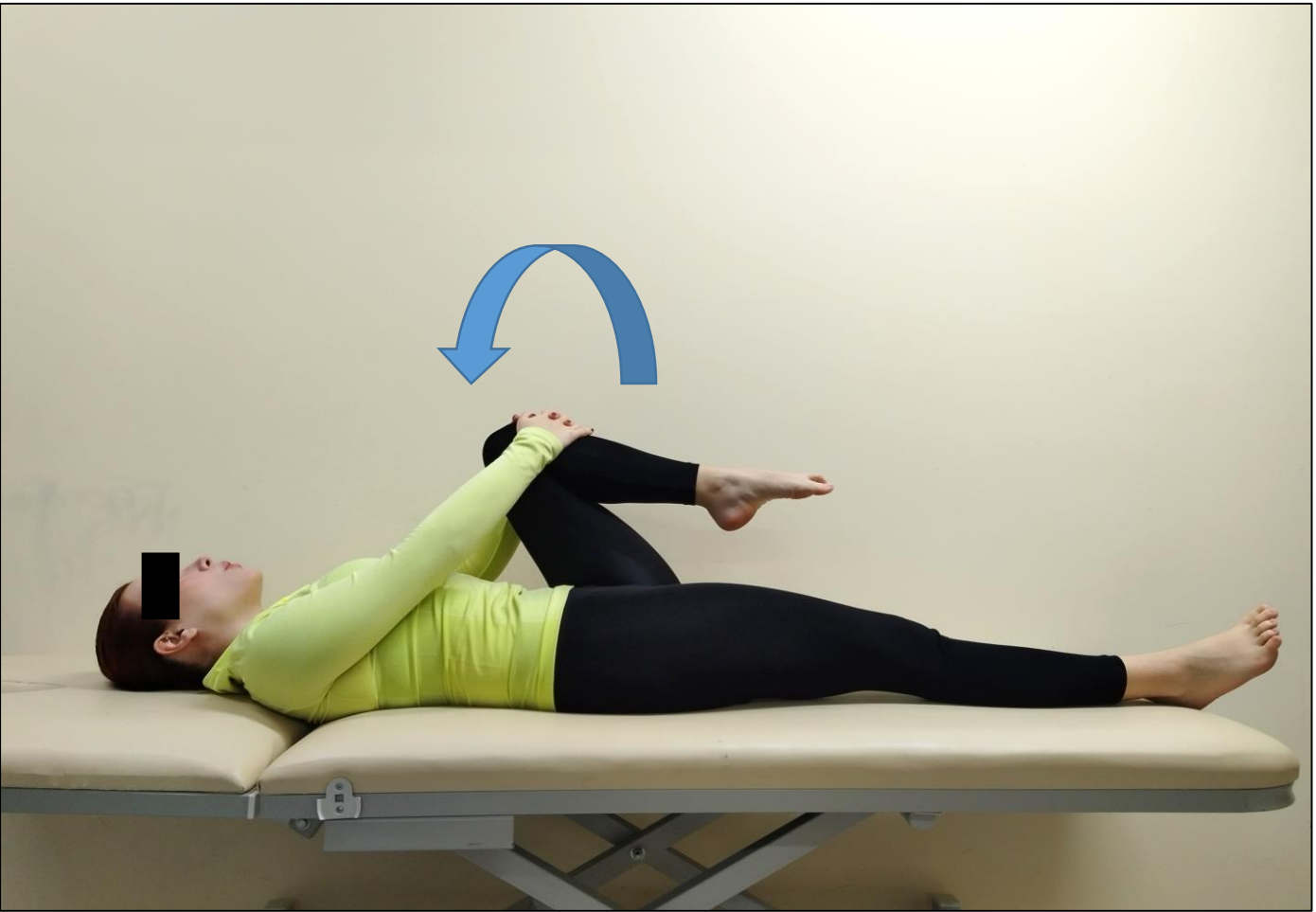




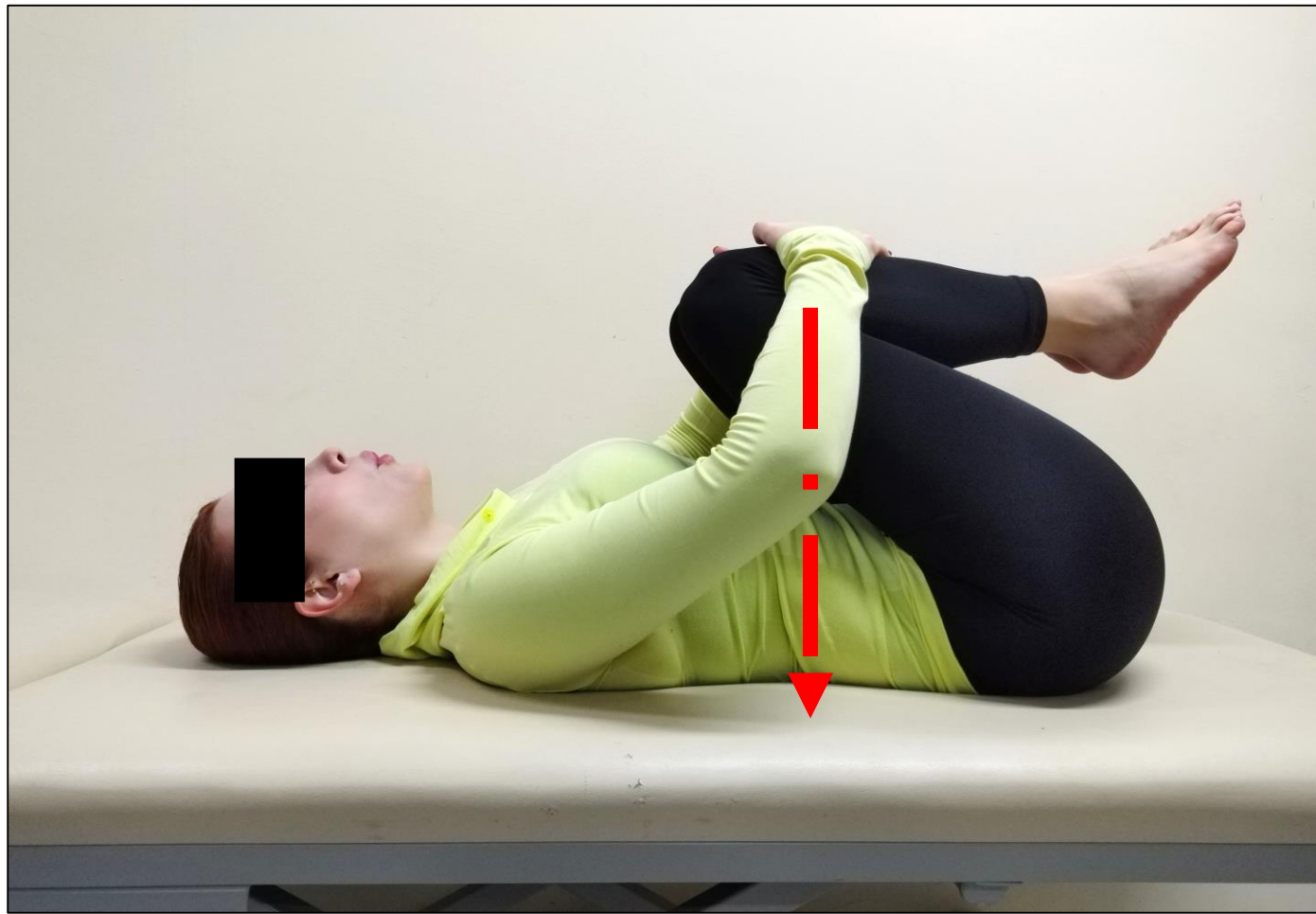
Diaphragmatic Breathing



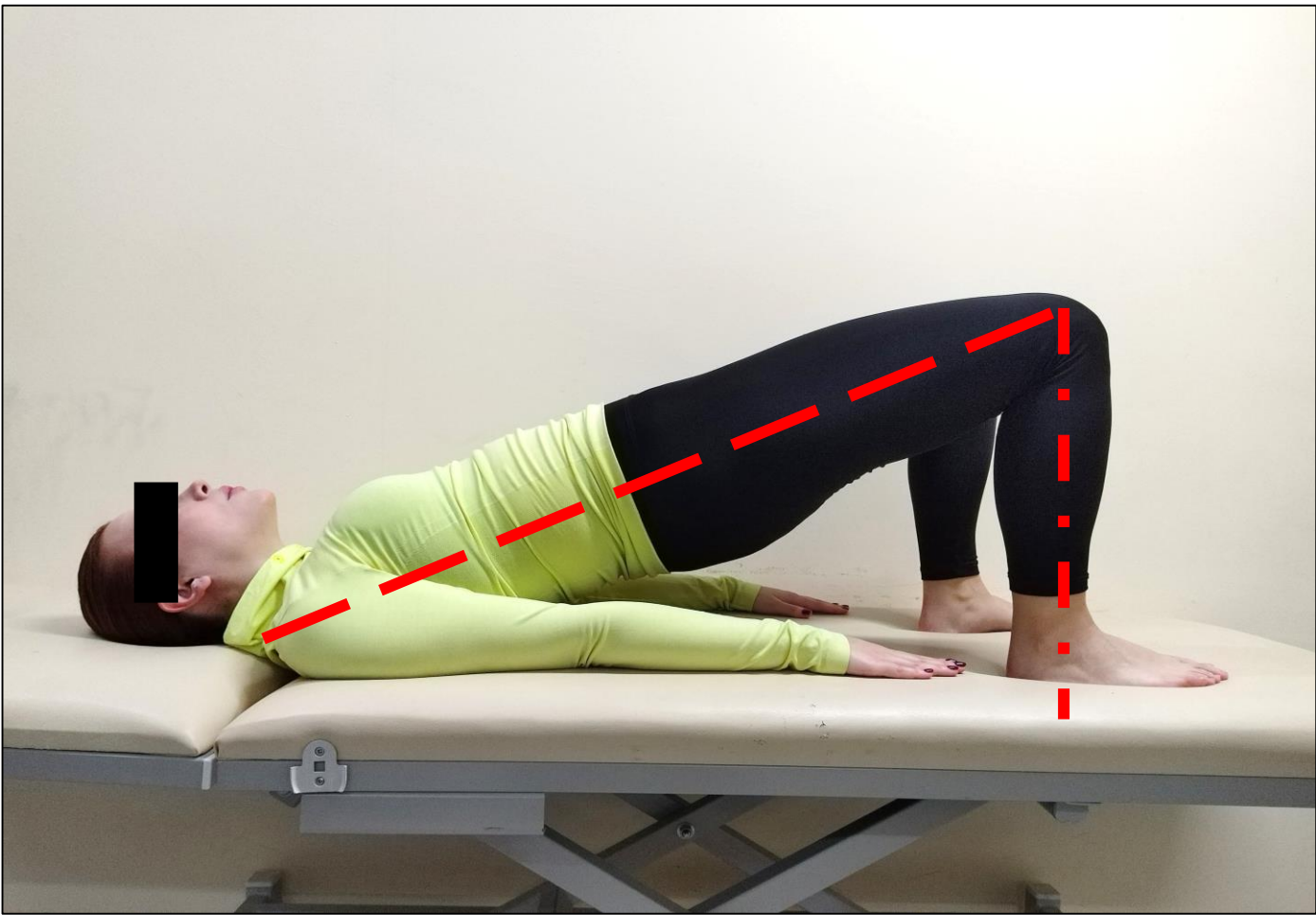
Ankle Pumping



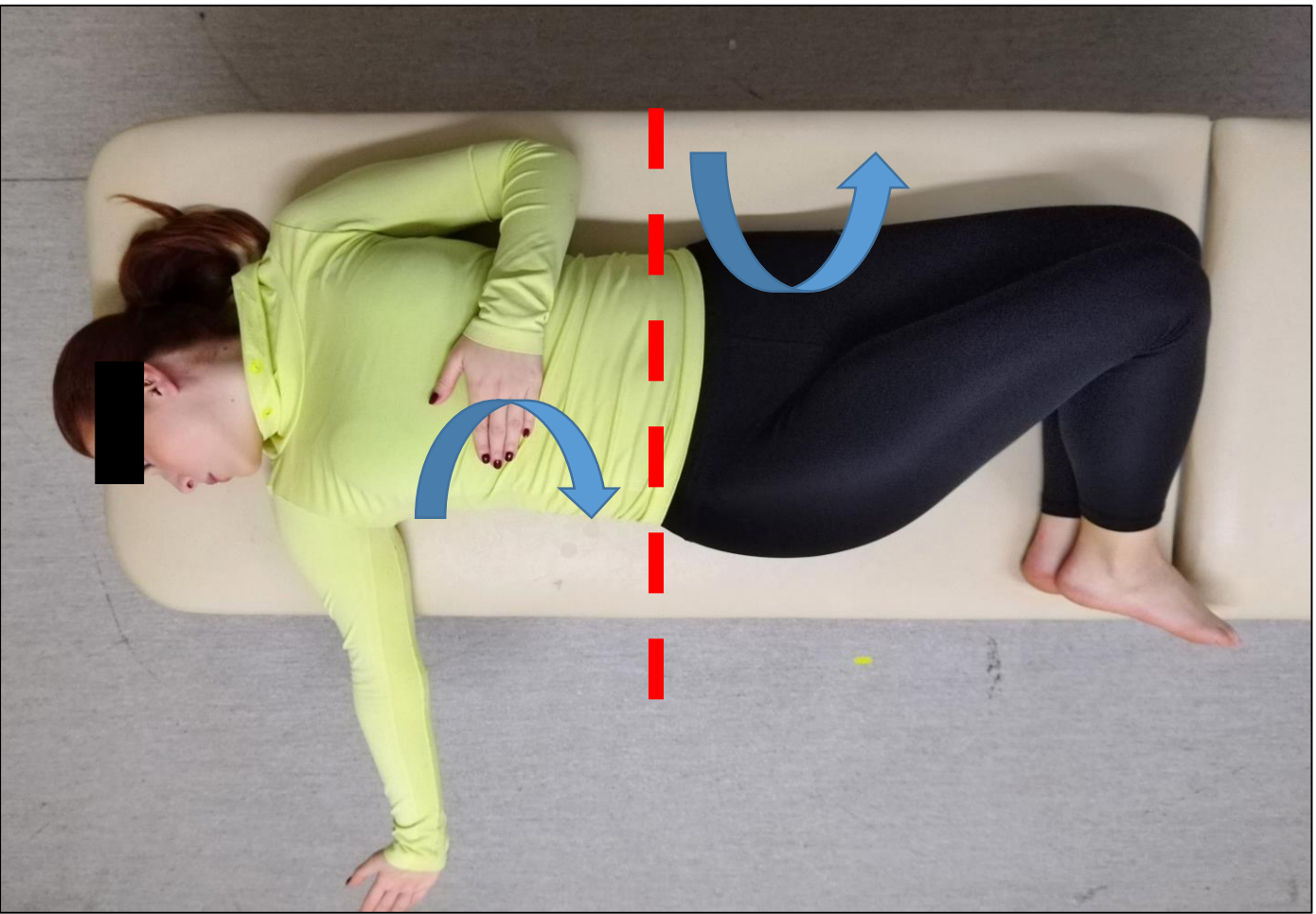
Bilateral Hip Flexor Stretching



Lumbar Stretching



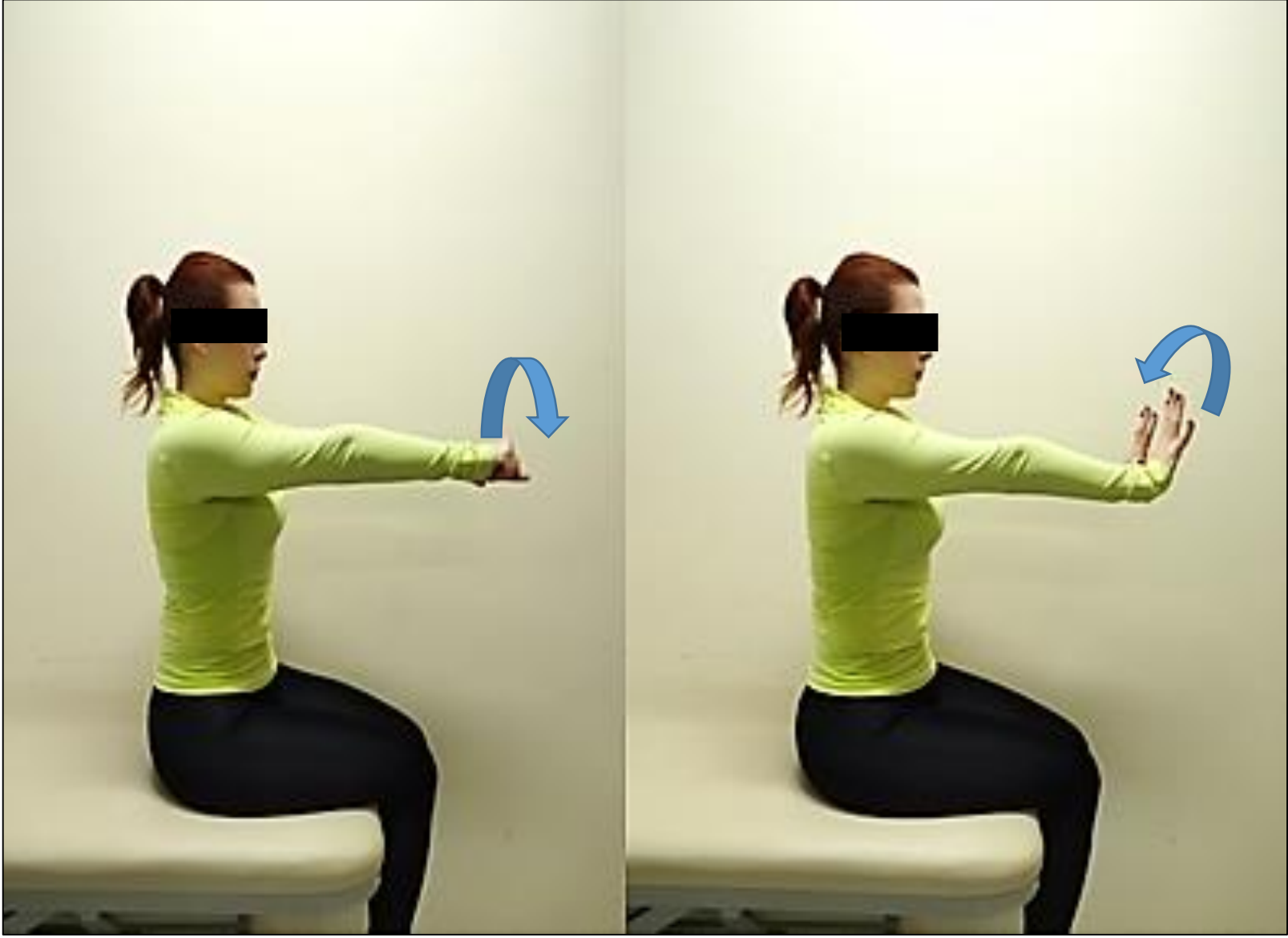
Pelvic Bridge



Bilateral Lumbar Rotation Stretching

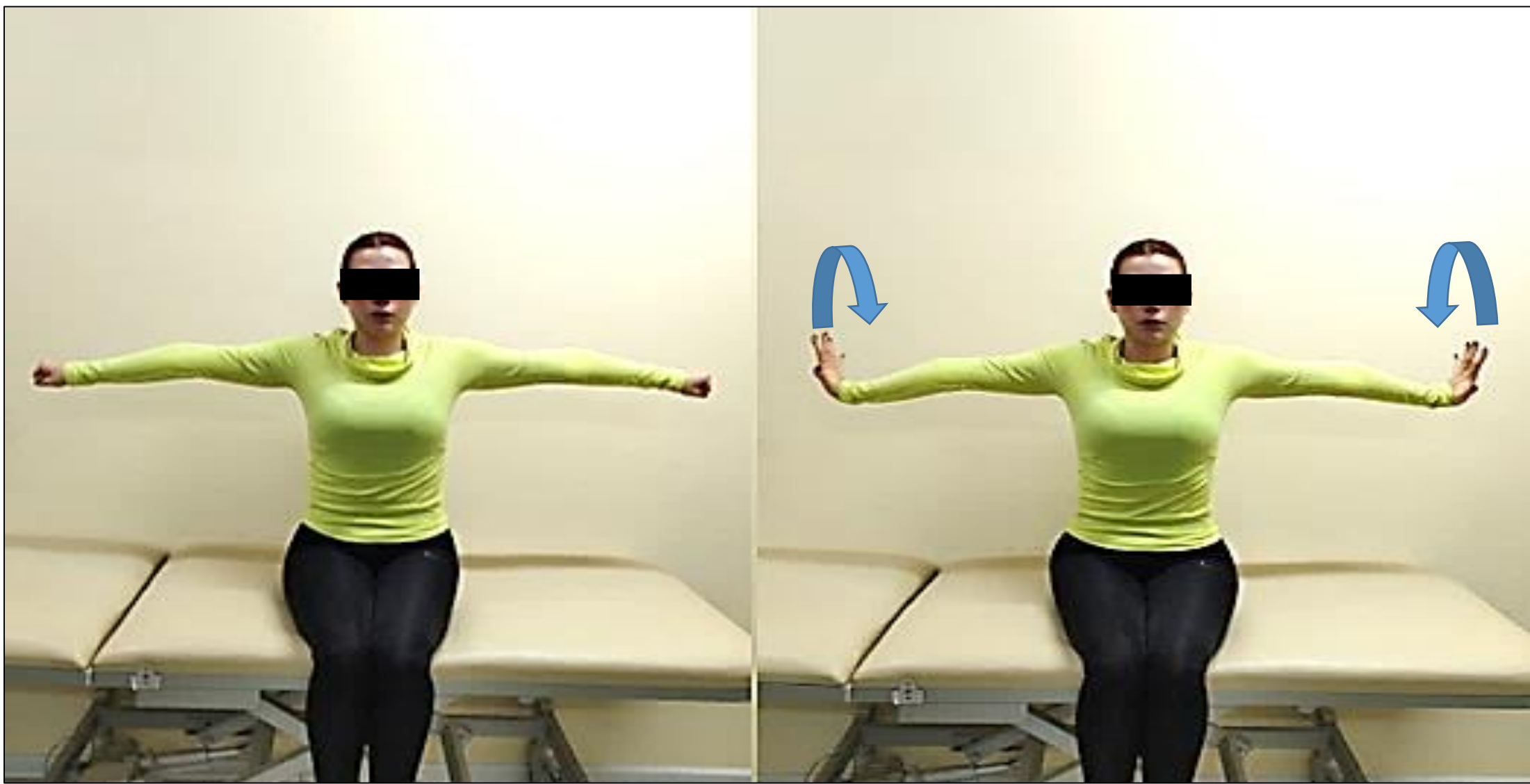


Hand Compression

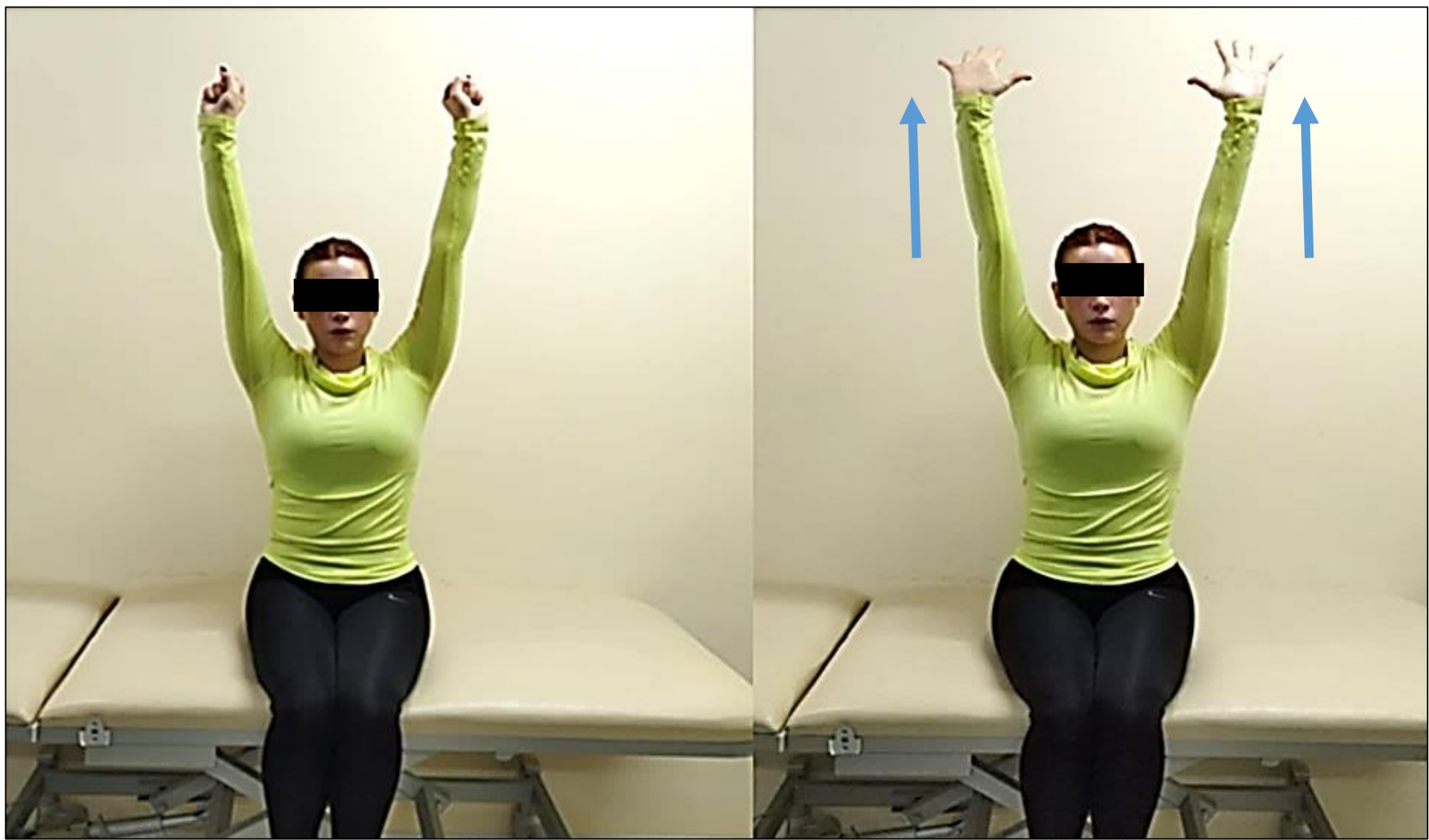


Hand Pumps with Arms Elevated Forwards

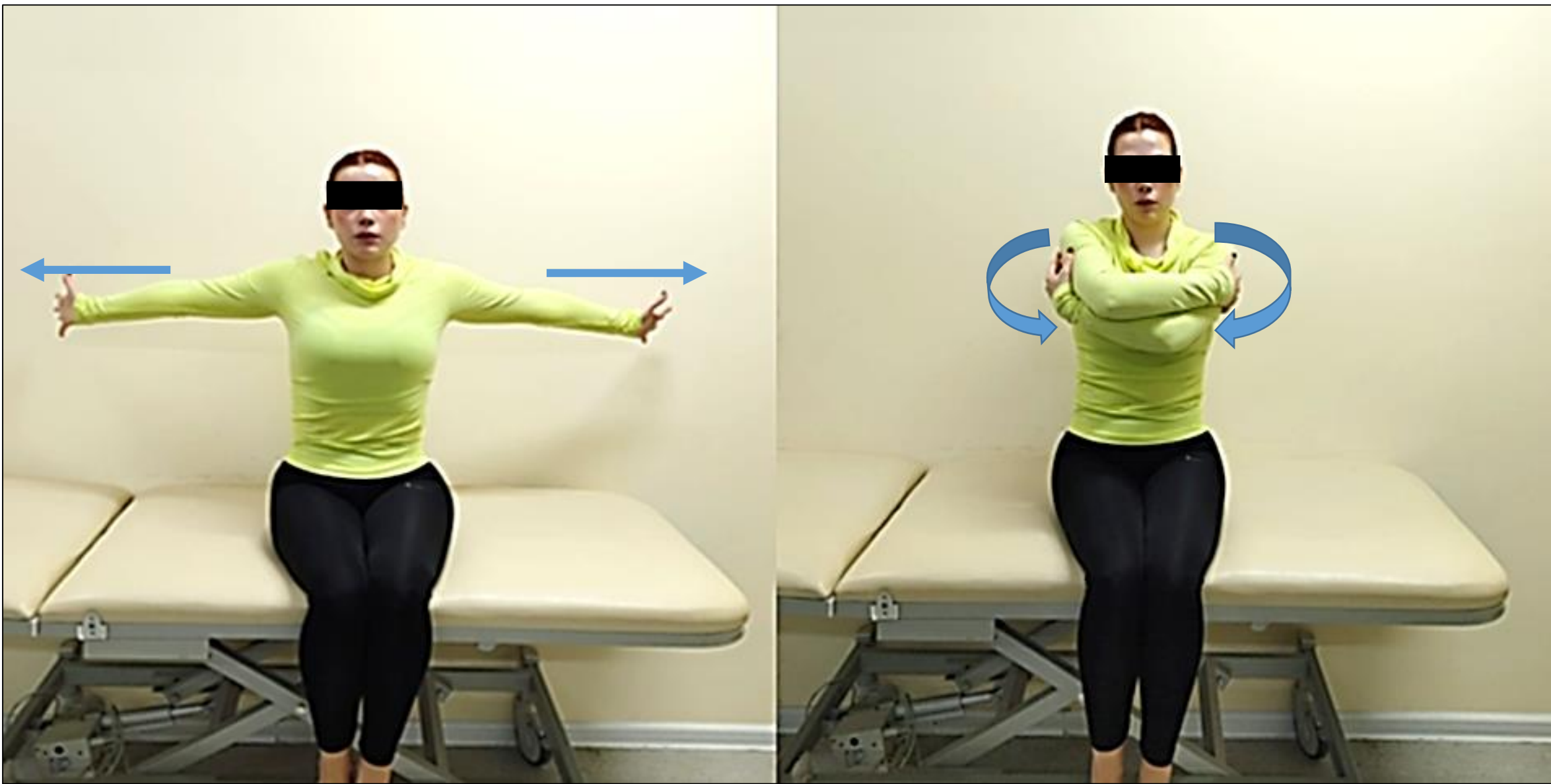




Hand Pumps with Arms Elevated to Side



Hand Pumps with Arm Elevated Upwards



Arm Hug



Dynamic Arm Stretching