Organi DAREBEE WORKOUT

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Hold each pose for 20 seconds.



chest expansion



knee-over-knee reach



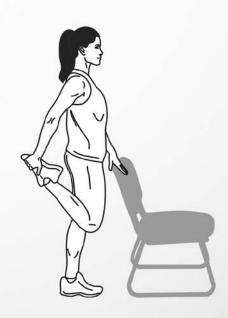
seated torso twist



foot over knee reach



foot over knee fold



quad stretch