x1 4 mins x1

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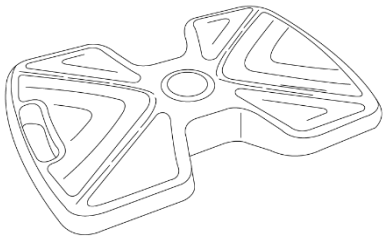
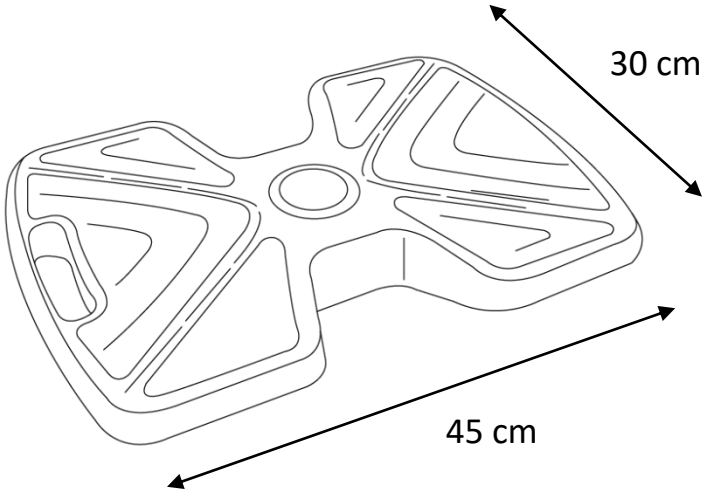
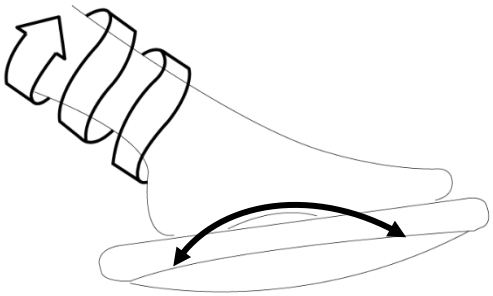
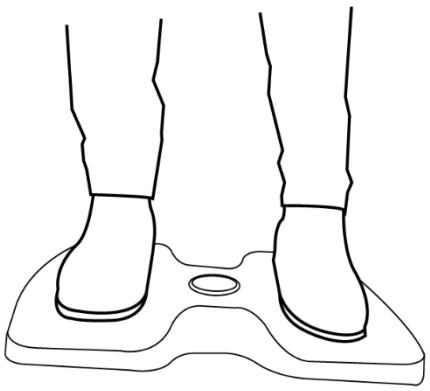
x1







Do movements
backwards and forwards



Allow you to keep a good
posture.