

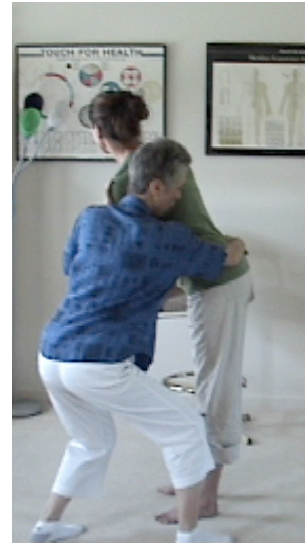
Touch for Health 3 muscles



Levator Scapula



Abdominals-untwist



Abdominals- push through



Gluteus Maximus



Triceps