

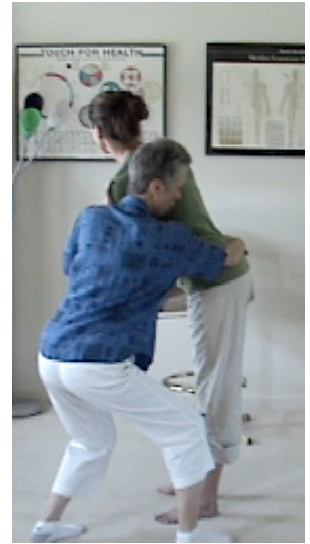
Touch for Health 3 muscles



Levator Scapula



Abdominals-untwist



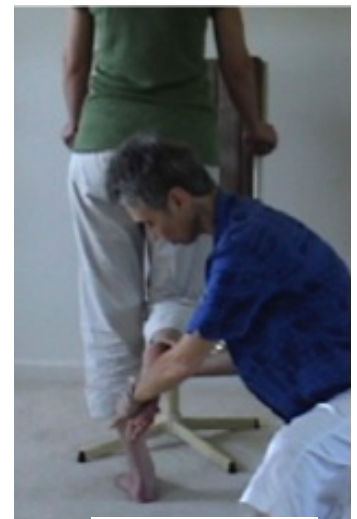
Abdominals- push through



Gluteus Maximus



Triceps



Popliteus



Soleus