

Lower back stretch



Caution: Prioritise gentle stretching, avoiding any sharp or intense pain. consult with a healthcare professional if discomfort persists or if you have pre-existing conditions.

Hamstring stretch



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Arm stretch



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Lunges



Caution: Prioritise gentle stretching, avoiding any sharp or intense pain. consult with a healthcare professional if discomfort persists or if you have pre-existing conditions.

Neck stretch



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Upper body stretch



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