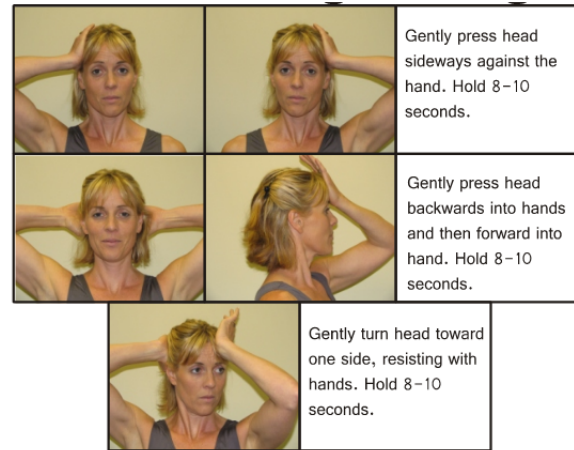
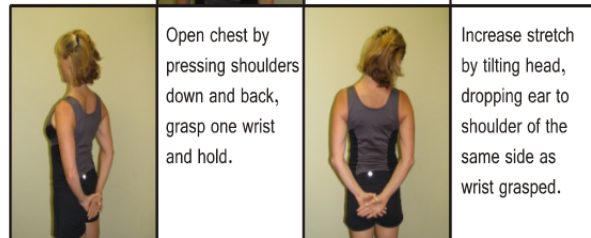
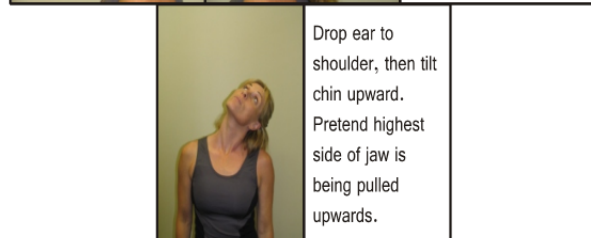
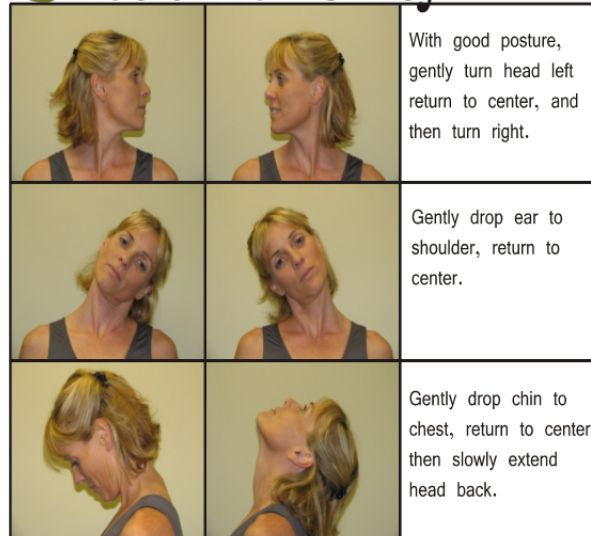
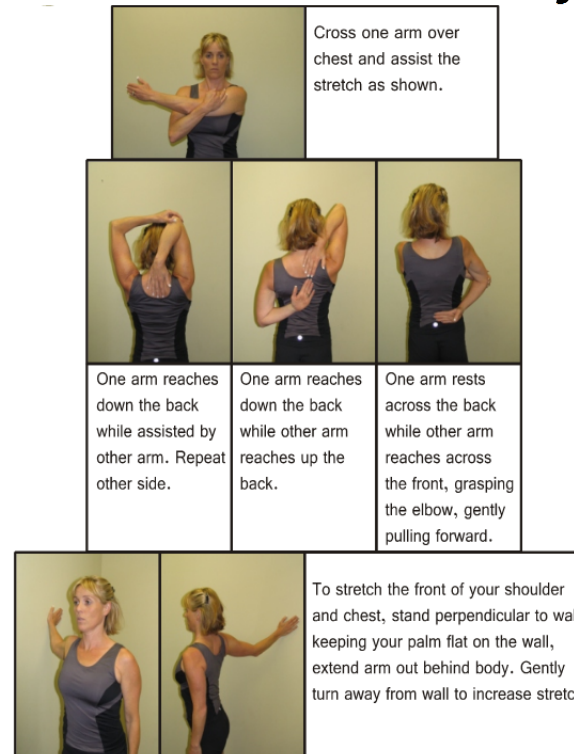


Get better faster! Keep movement and active living a high priority in your life!

## Neck Flexibility



## Shoulder Flexibility



## Rotator Cuff Workout

