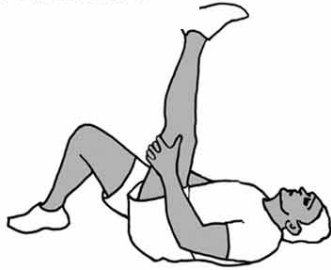


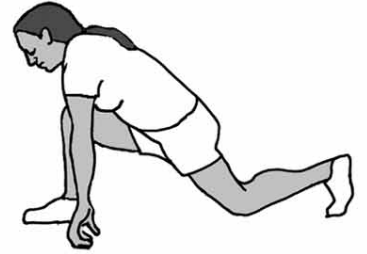
**Advanced Miracle Workout  
Stretch & Bend (ROM) Exercises**



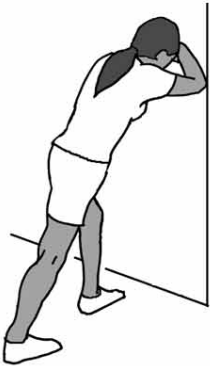
1. Knee Flexor (Hamstrings)



2. Knee Extensor (Quads)



3. Legs & Hips



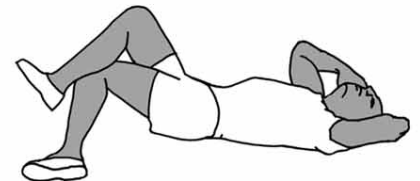
4. Calf, Ankle



5. Hamstrings, Hips



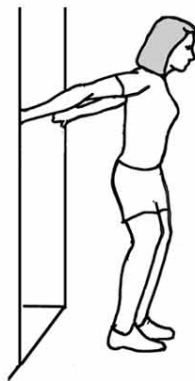
6. Hip Adductors



7. Back, Hips, I-T Band



8. Groin & Lower Back



9. Chest, Arms & Shoulders



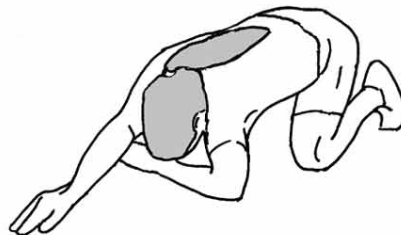
10. Shoulders, Arms



11. Shoulder



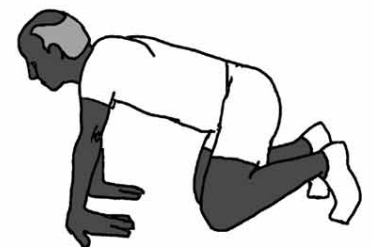
12. Knees, Back



13. Upper Back (lats)



14. Triceps



15. Wrists

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