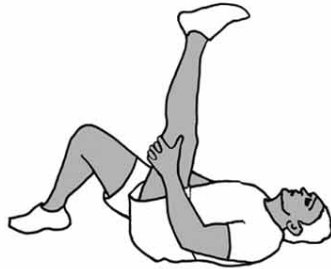


# Miracle Workout

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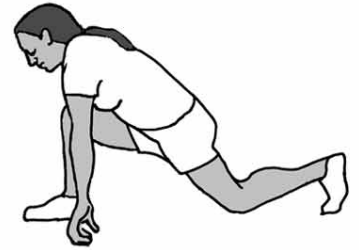
## Beginning Miracle Workout Stretch & Bend (ROM) Exercises



1. Knee Flexor (Hamstrings)



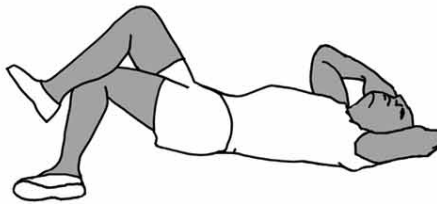
2. Knee Extensor (Quads)



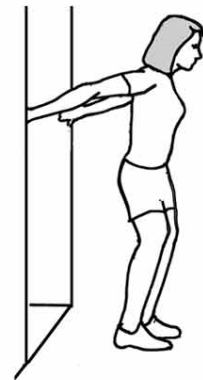
3. Legs & Hips



4. Hip Adductors



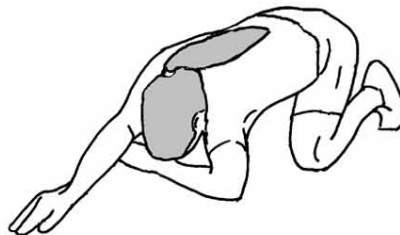
5. Back, Hips, I-T Band



6. Chest, Arms & Shoulders



7. Shoulders, Arms



8. Upper Back (Lats)



9. Triceps

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