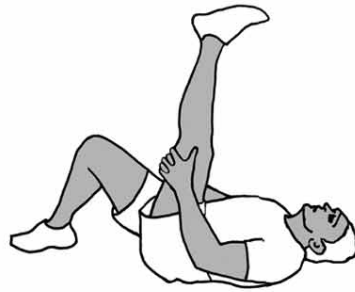


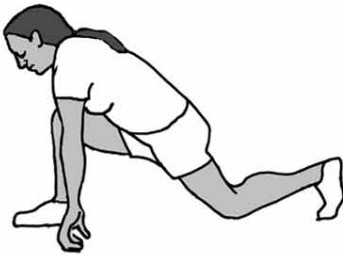
Intermediate Miracle Workout Stretch & Bend (ROM) Exercises



1. Knee Flexor (Hamstrings)



2. Knee Extensor (Quads)



3. Legs & Hips



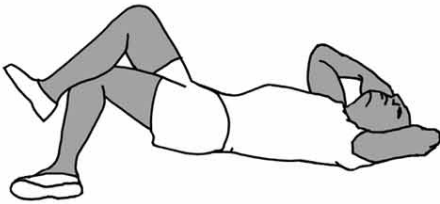
4. Calf, Ankle



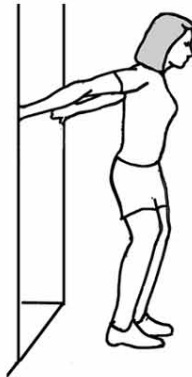
5. Hamstrings, Hips



6. Hip Adductors



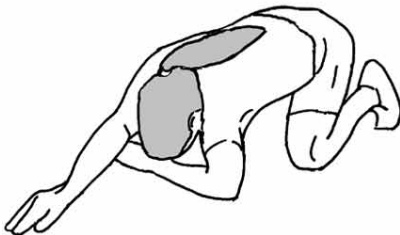
7. Back, Hips, I-T Band



8. Chest, Arms & Shoulders



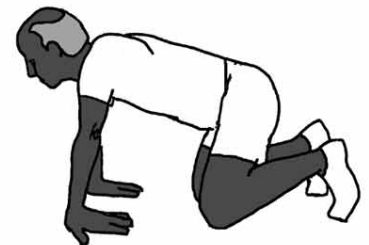
9. Shoulders, Arms



10. Upper Back (Lats)



11. Triceps



12. Wrists

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