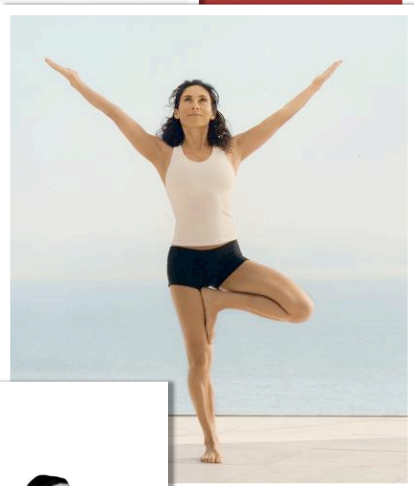
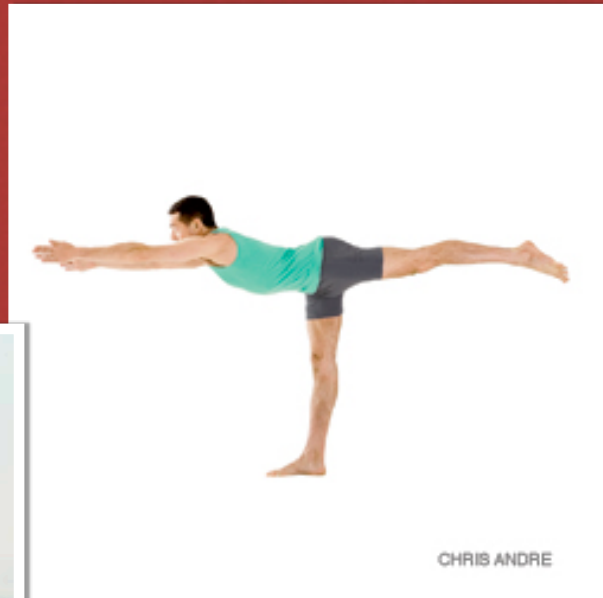


# STANDING POSES



STANDING POSES HELP TO:

STRENGTHEN HIPS, GROIN, SHOULDERS  
AND BACK

- OPEN UPPER BODY
- BUILD STAMINA AND CONCENTRATION
- DEVELOP BALANCE AND STABILITY
- STRENGTHEN WEAK ANKLES AND FLAT FEET