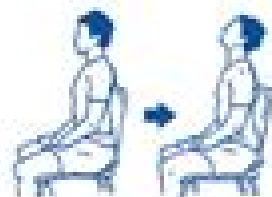


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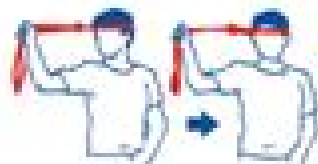
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INSTRUCTION GUIDE



BACK STRETCH

• Sit on a chair with feet flat on the floor.
• Place the band over your head and shoulders.
• Pull the band towards your feet.
• Repeat the exercise slowly 10 to 12 times.



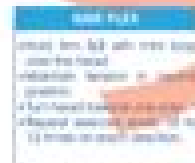
SHOULDER STRETCH

• Stand with feet flat on the floor.
• Place the band over your head and shoulders.
• Pull the band towards your feet.
• Repeat the exercise slowly 10 to 12 times.



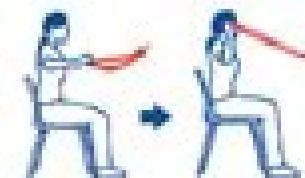
SIDE STRETCH

• Stand with feet flat on the floor.
• Place the band over your head and shoulders.
• Pull the band towards your feet.
• Repeat the exercise slowly 10 to 12 times.



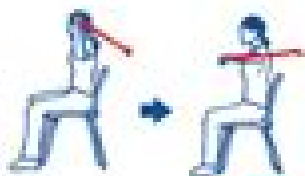
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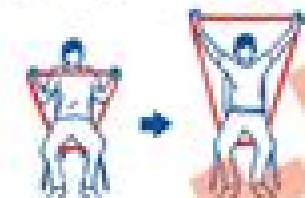
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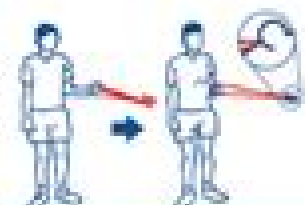
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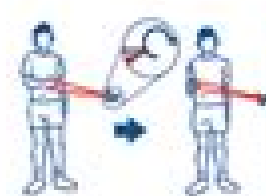
SIDE STRETCH

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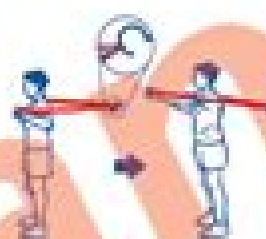
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Super Loop Manual

Yicheng Fang



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