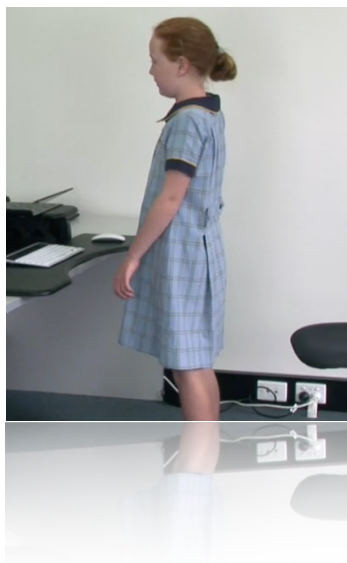


SMART HEALTH SCHOOL PROGRAM

STRETCHES

Shoulder Rolls



- Backwards x 10
- Forwards x 10



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