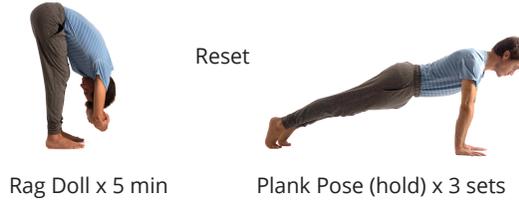


HAMSTRING FREEDOM SEQUENCE

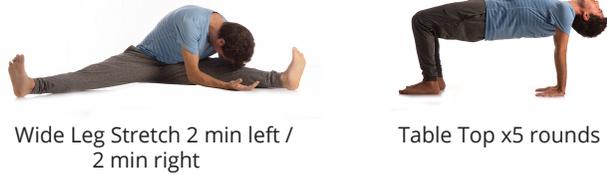
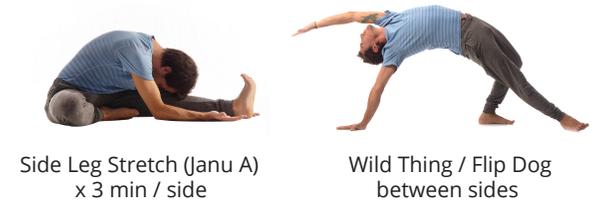
WARMUP (5 min)



POSES (5 min)



POSES (10 min)



POSES (8 min)



POSES (5 min)



POSES (12 min)

