

YOU-fit:

Exercises for EveryBODY

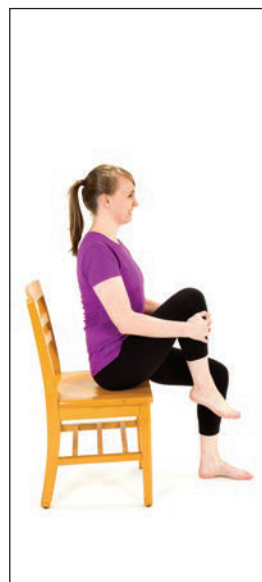
Mountain



Side Bend



Knee Hug



Cow/Cat



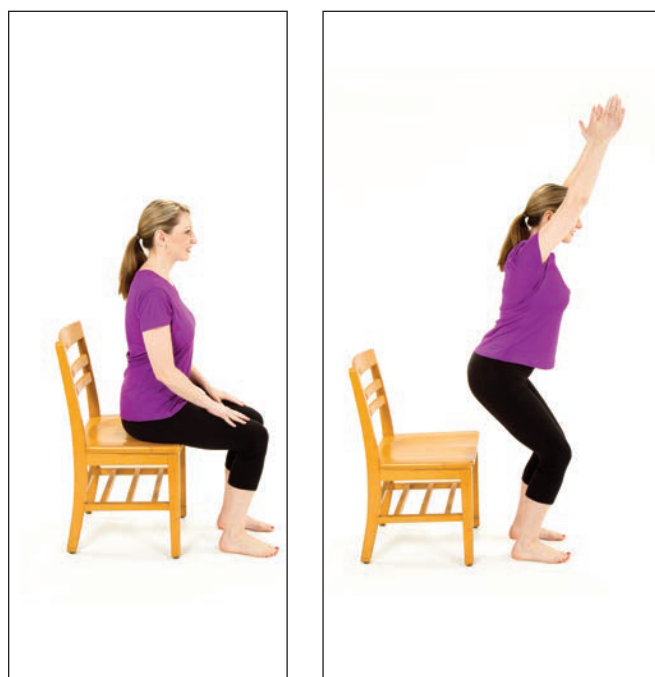
Helicopter



Half-Forward Fold



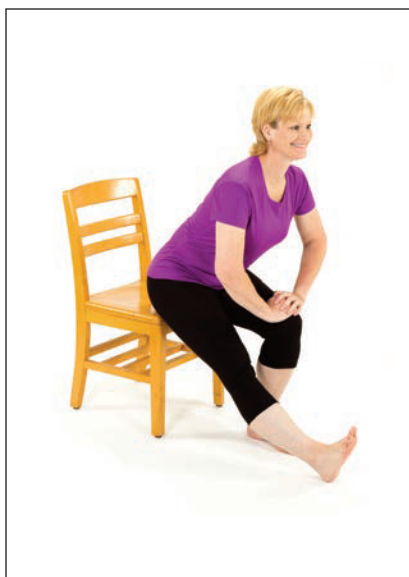
Reverse Chair



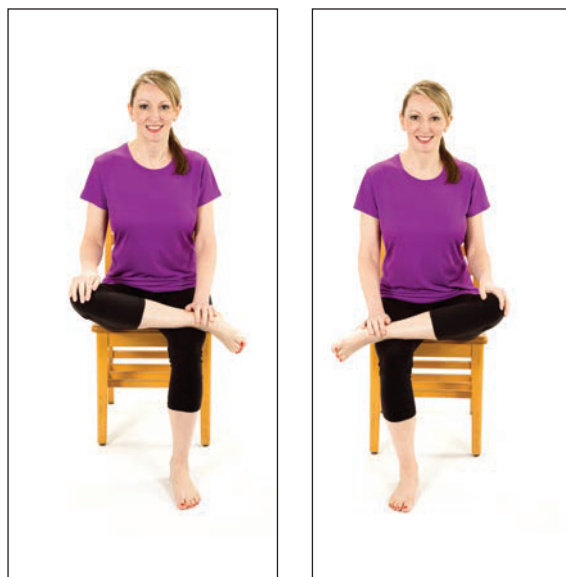
Warrior Series



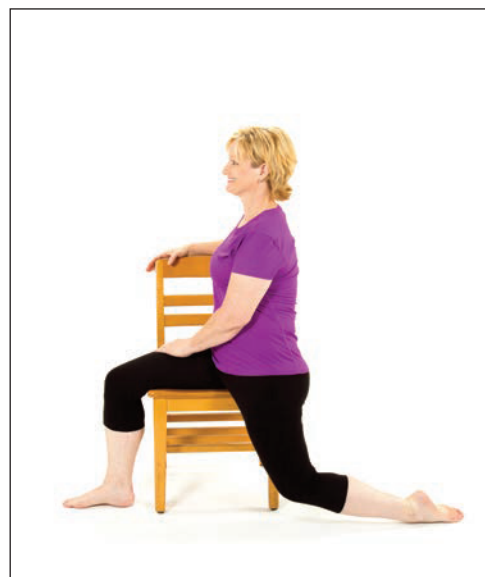
Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



FAMILY AND CONSUMER SCIENCES
UofT EXTENSION
 INSTITUTE OF AGRICULTURE
 THE UNIVERSITY OF TENNESSEE

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 University of Arkansas System

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