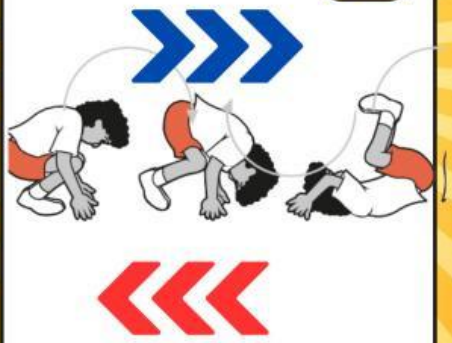
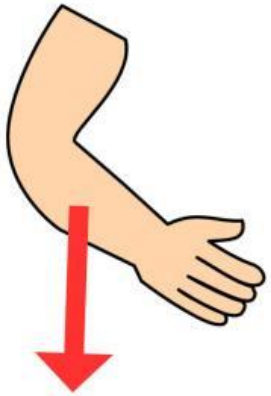
KEEP IMPROVING!

lie down

roll forwards



roll backwards



forearm

LIVEWORKSHEETS