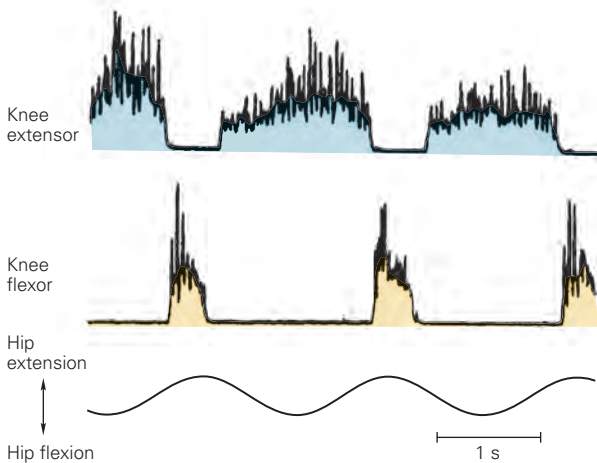


A Oscillate hip



B Stretch hip flexor

