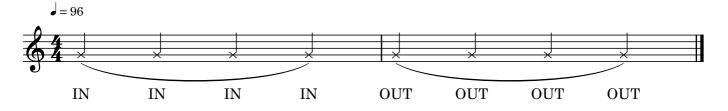
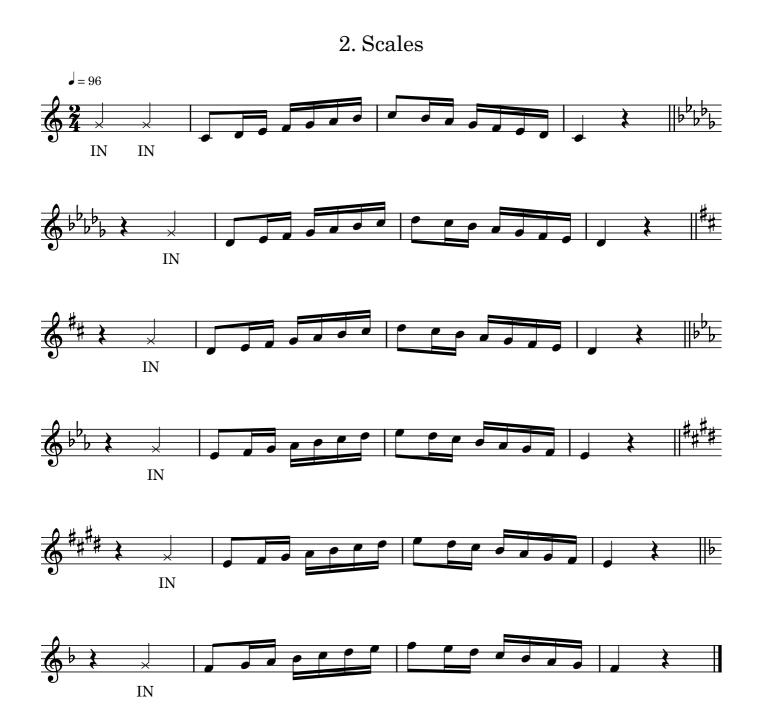
2-Minute Warm Up Routine

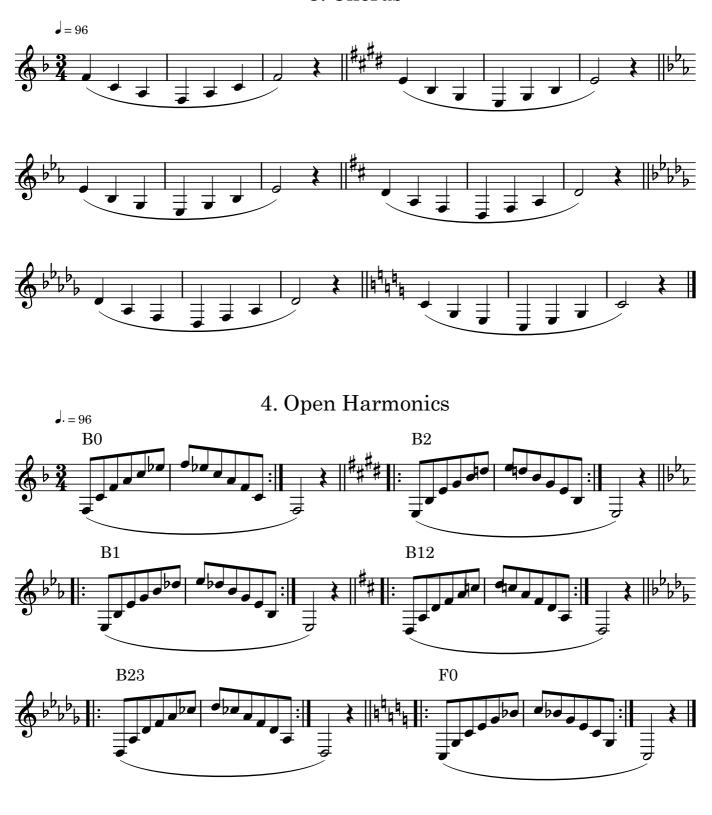
Julius Pranevicius

1. Deep breath





3. Chords



5. Deep breath & Sigh

