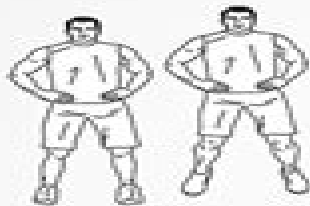
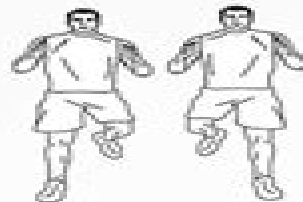


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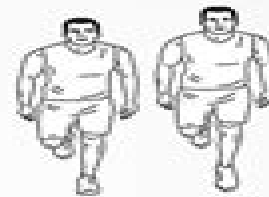
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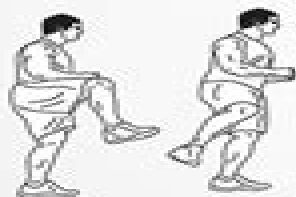
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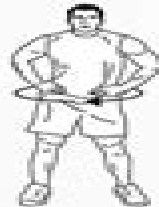
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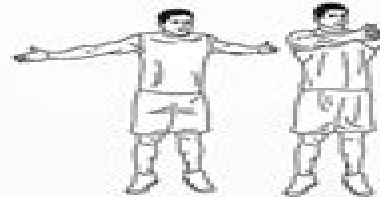
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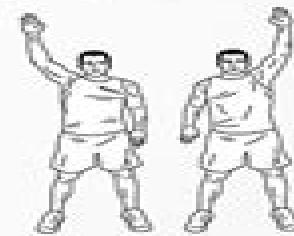
10 single hip rotations



10 torso rotations



10 chest expansions



10 air chest expansions



10 shoulder rotations



4 neck rotations



4 neck tilts

Blues Warmups And Workouts

B Lingard



Blues Warmups And Workouts:

Unveiling the Magic of Words: A Overview of "**Blues Warmups And Workouts**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Blues Warmups And Workouts**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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