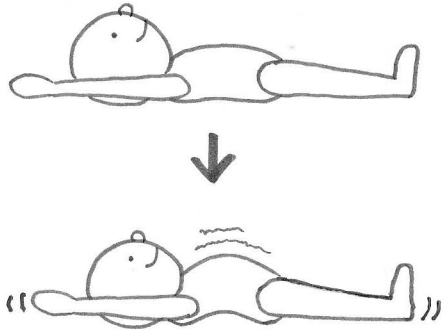


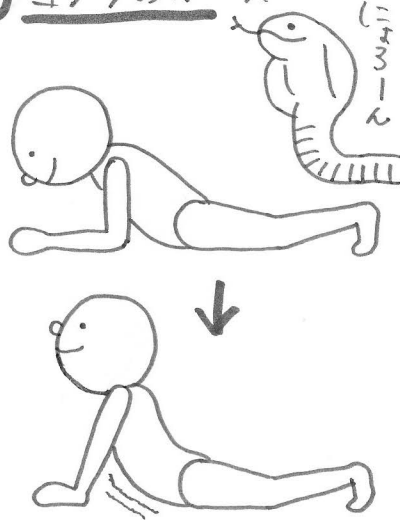
おうちで"ストレッチ!!

11月度
vol.7

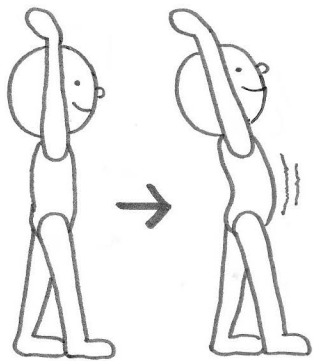
① 腹筋1



③ コブラのポーズ



② 腹筋2

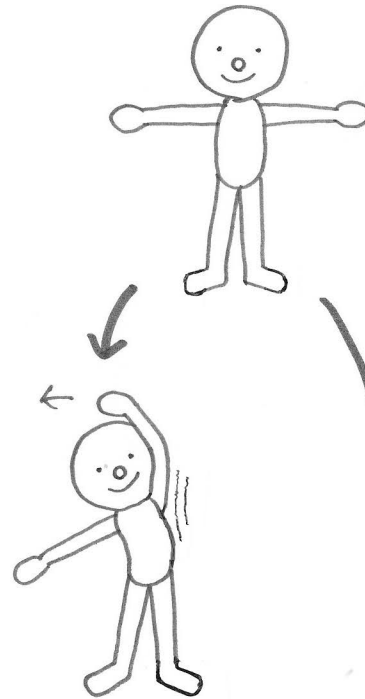


足を一歩ふみ出す

④ 胎児のポーズ

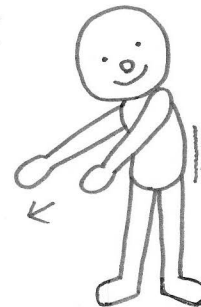


足を広げて立つ



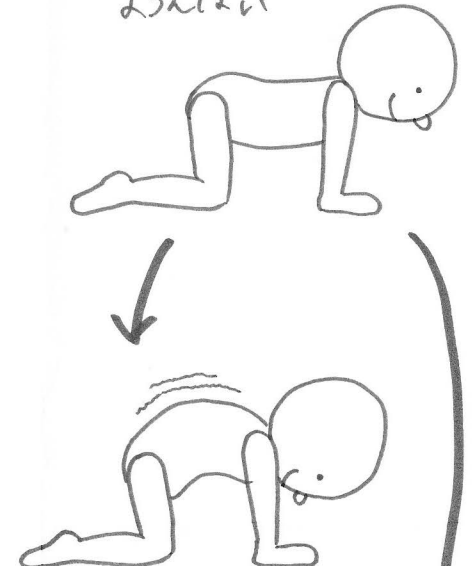
⑤ 脇腹1

左右両方
やりましょ

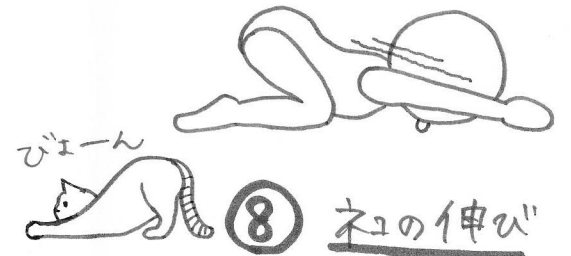


⑥ 脇腹2

よつぱい



⑦ ネコのポーズ



⑧ ネコの伸び