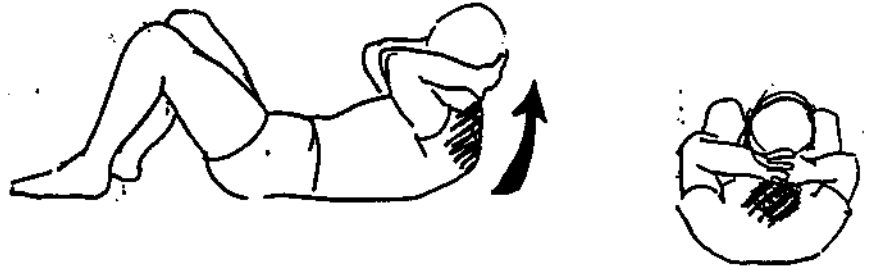
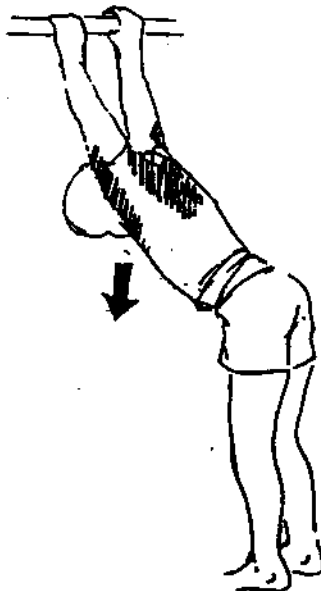
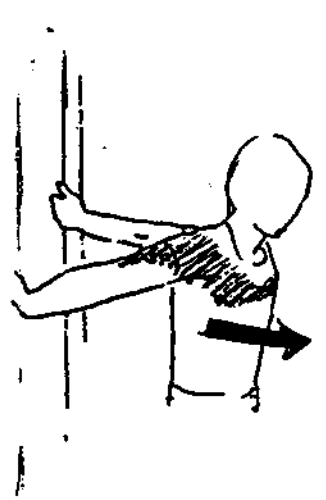
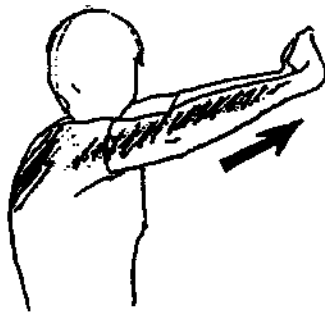
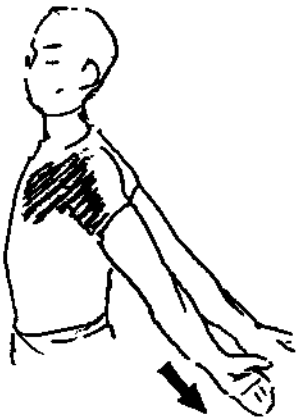
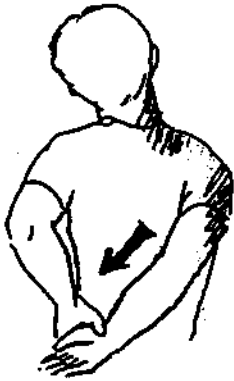


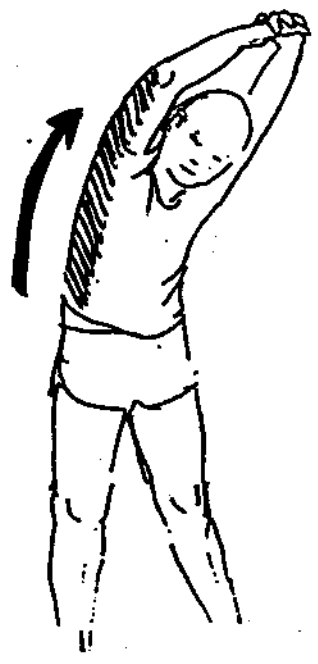
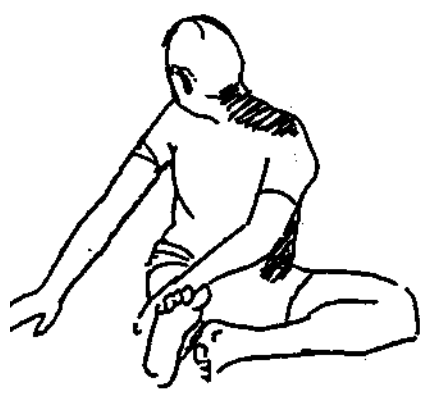
Niskan lihasvenytys



Hartian ja olkavarren seudun lihasvenytys



VENYTTÄVIÄ LIIKKEITÄ

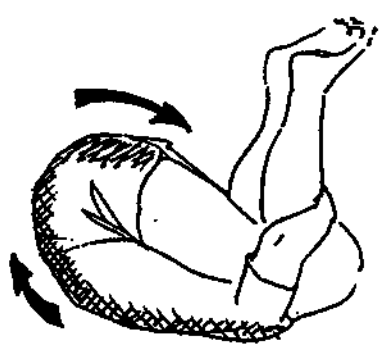




Selän ojentajien
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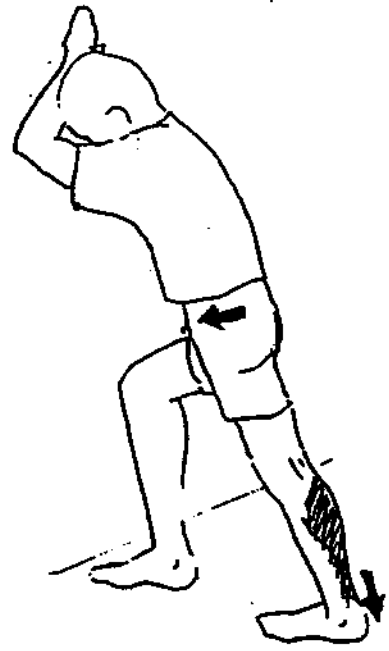
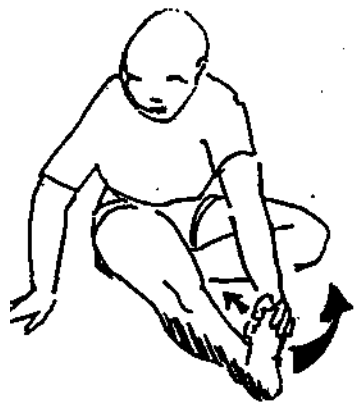


Alaselän ja pakaran
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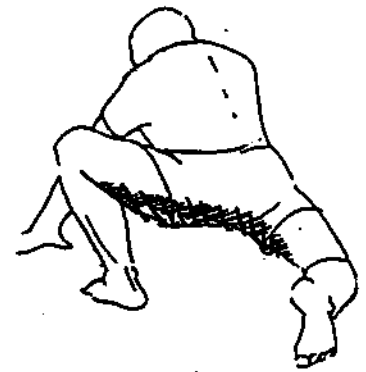
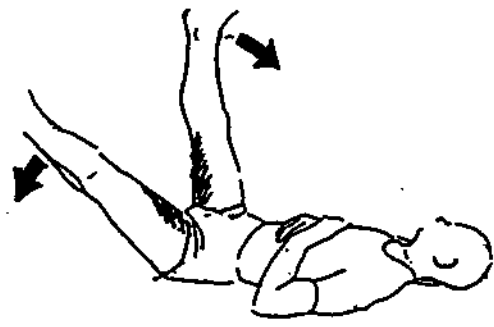


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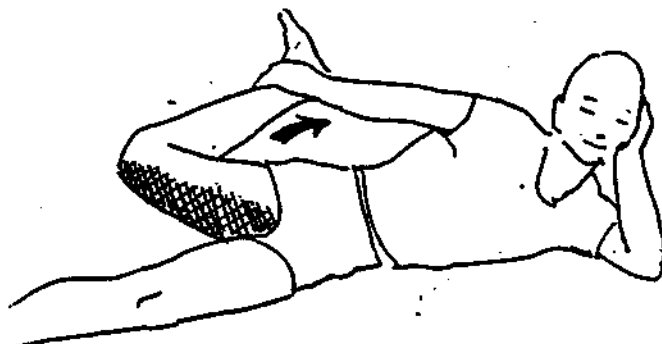
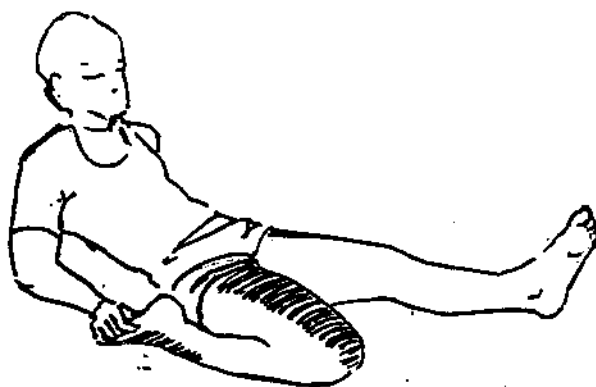
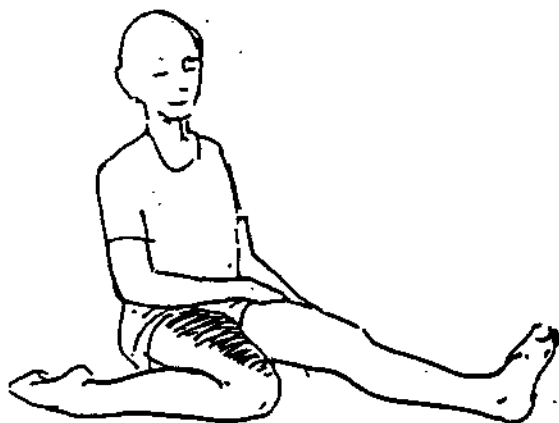
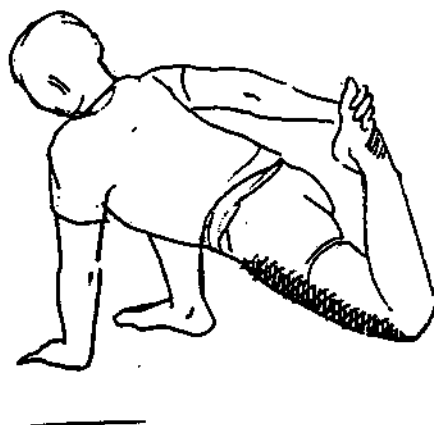
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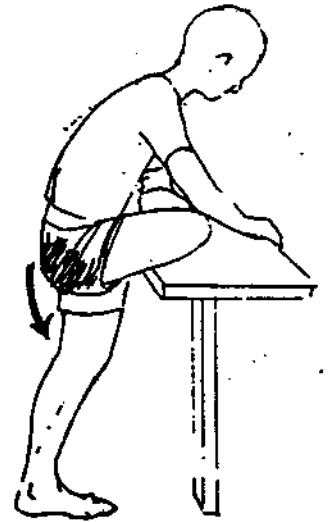
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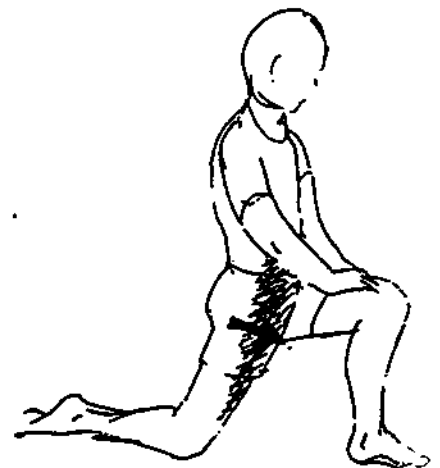
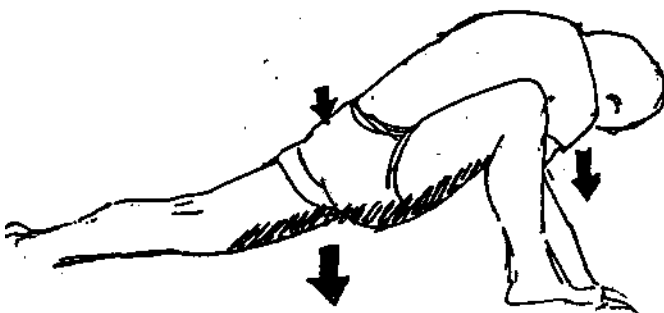
Polven ojentajien ja
nilkan koukistajien
venytys



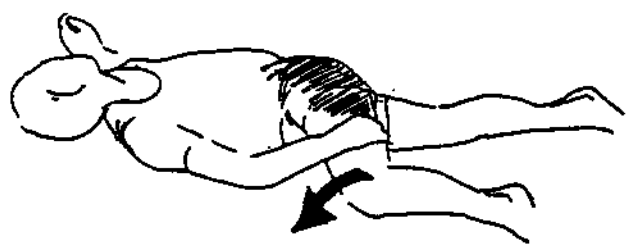
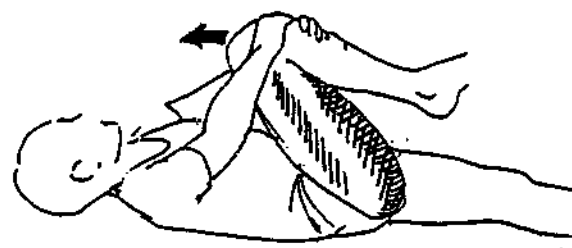
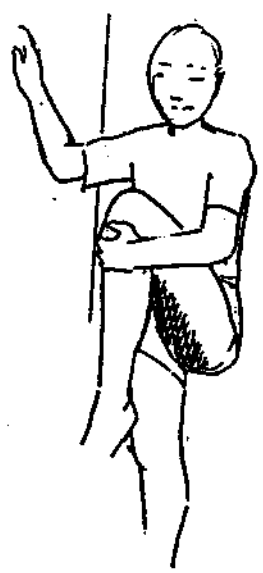
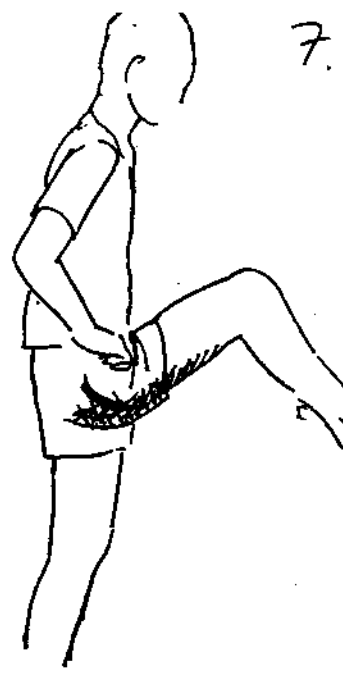
Pakaran seudun lihasten venytys



Lonkan koukistajien venytys



Pakaran seudun lihasten
venytys



Polven koukistajien
venytys

