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  - 3- Good Posture

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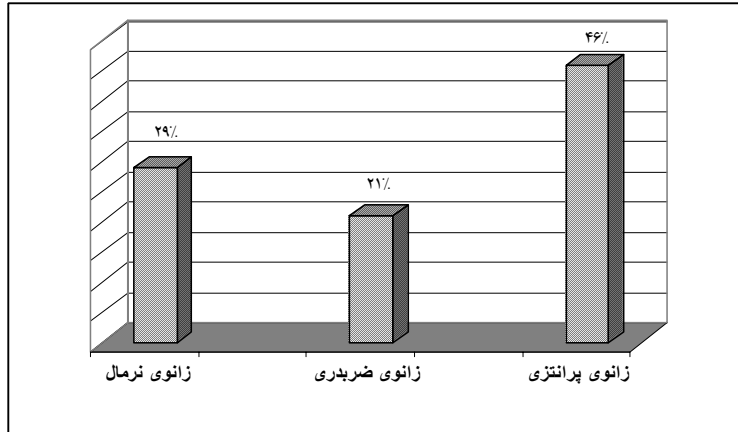
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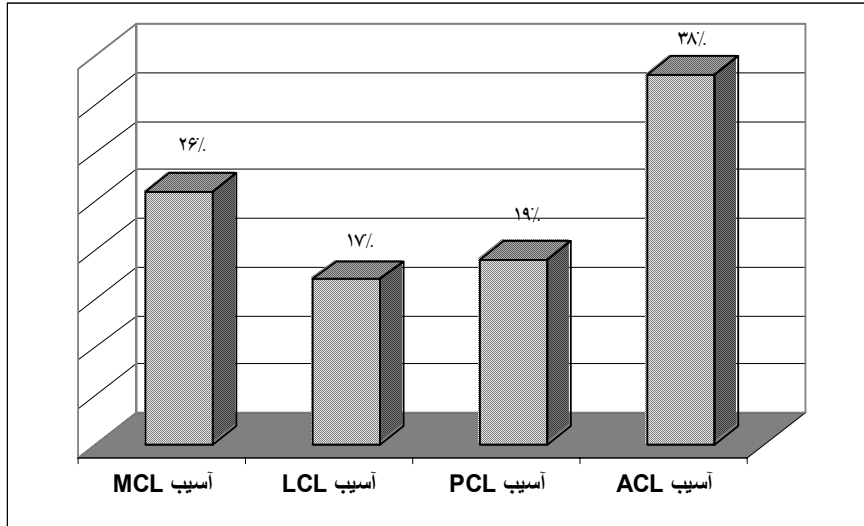
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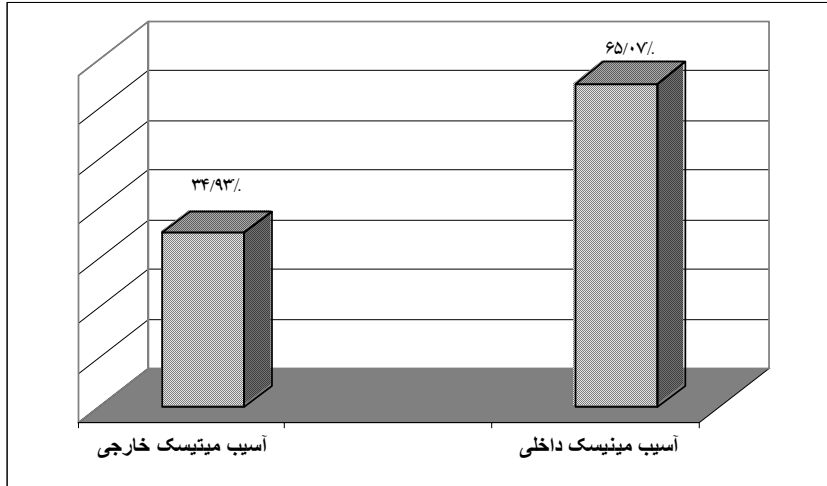
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- 1- Knee Hyperextension
  - 2- Foot Poronation



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