

Zumba Total Body Stretch Guide



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VIDEO: Lower Body Stretching Routine on Mat For more stretching tips and guidelines, refer to our Reference Guide to Stretching.

Zumba - official site

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Move 1: the runner s stretch | 6 full- body

6 Full-Body Stretching Exercises. Photo by Jason Lee. 2 of 8 . See All. Move 1: The Runner s Stretch (A) Step your right foot forward and lower into a lunge

5 min fix: total body stretch flexibility workout

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