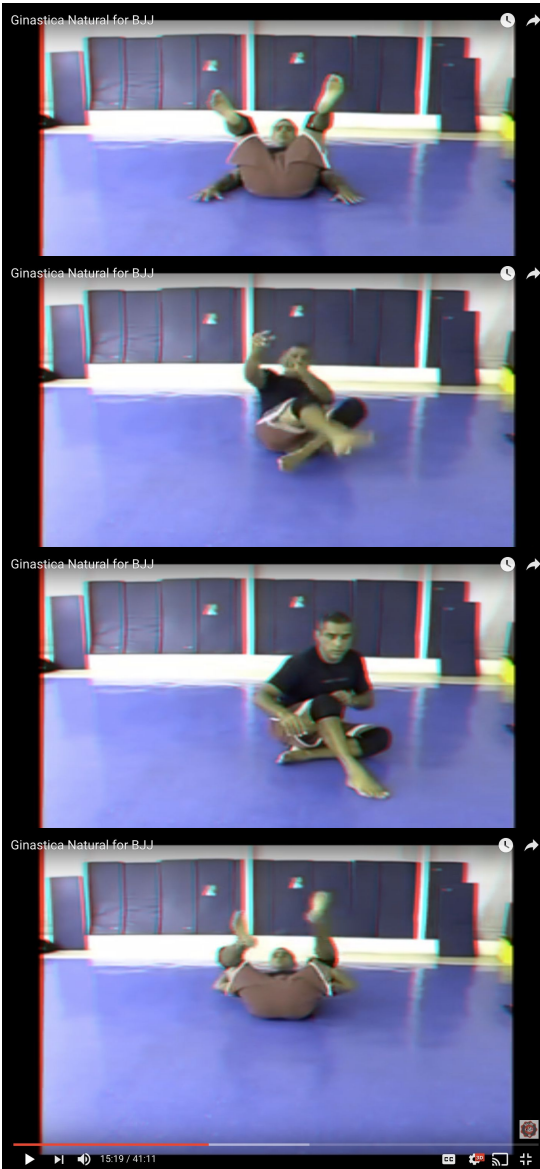


# Gynastica Natural Exercise 8

## Basic



# Gynastica Exercise 8

## Advanced

