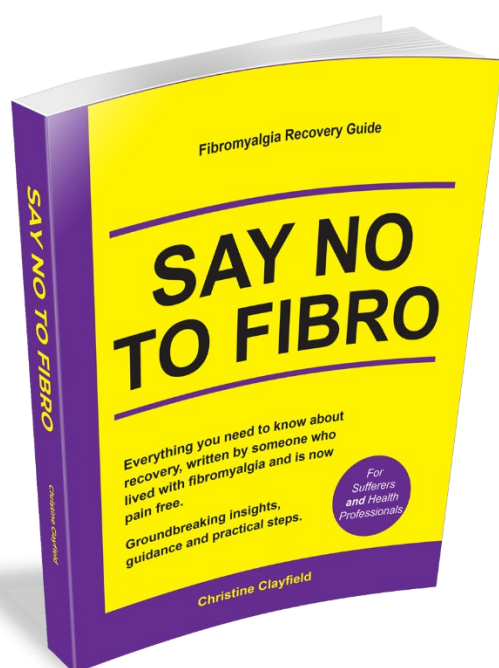


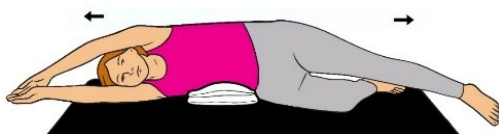
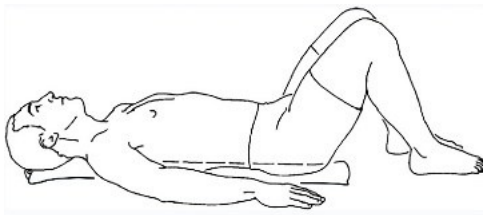
This guide is exclusive for readers who purchased the book SAY NO TO FIBRO. It is intended for your personal use only as part of your recovery journey.



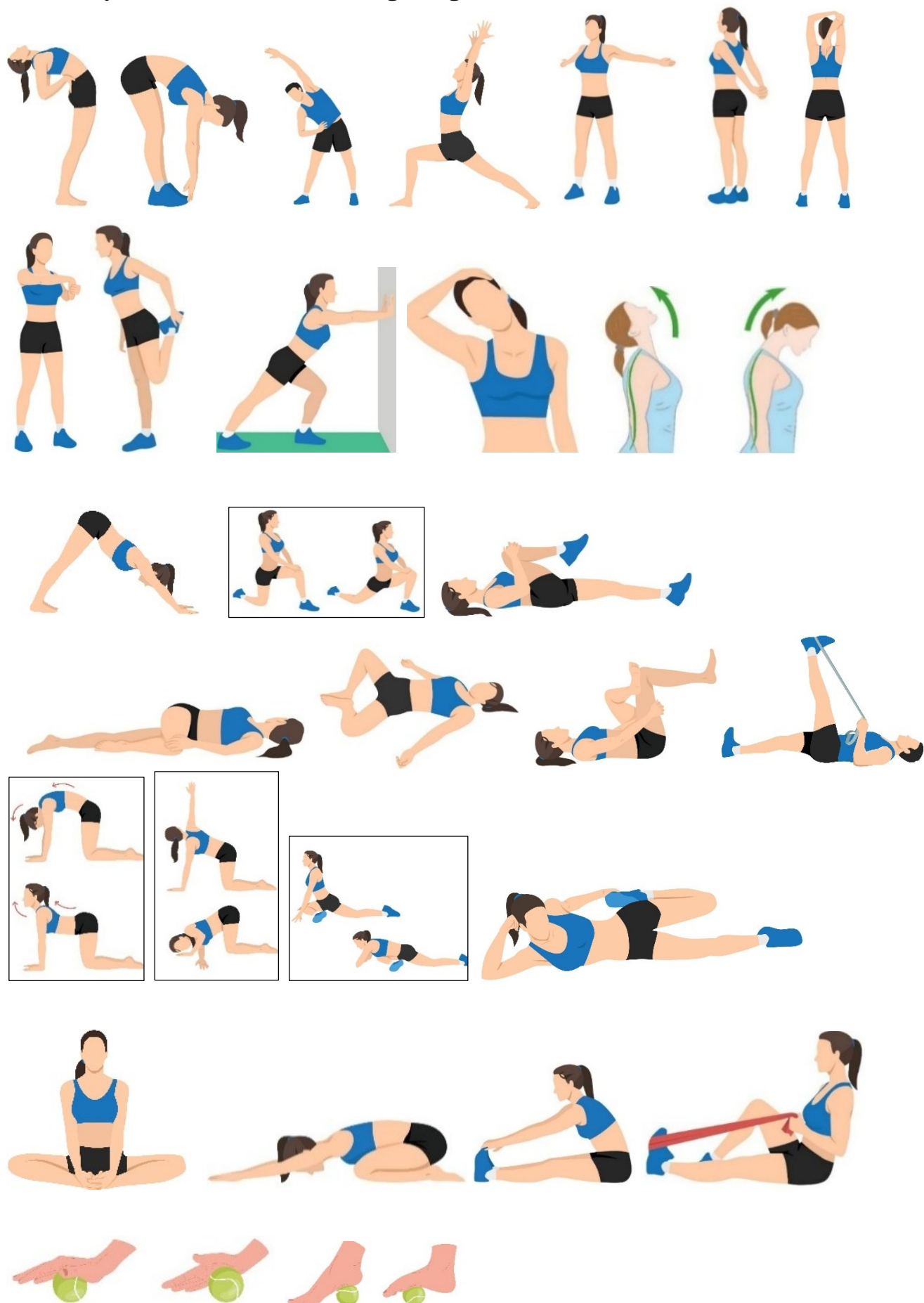
© 2025 RASC Publishing. All rights reserved.

This guide is protected by international copyright law and is for personal use only. No part may be reproduced, shared, or distributed without written permission from the author. The information provided is for general guidance and reflects the author's personal experience. It is not medical advice and should not replace consultation with a qualified healthcare professional. The author and publisher accept no liability for any loss or injury resulting from the use of this material. Images are original and used with permission.

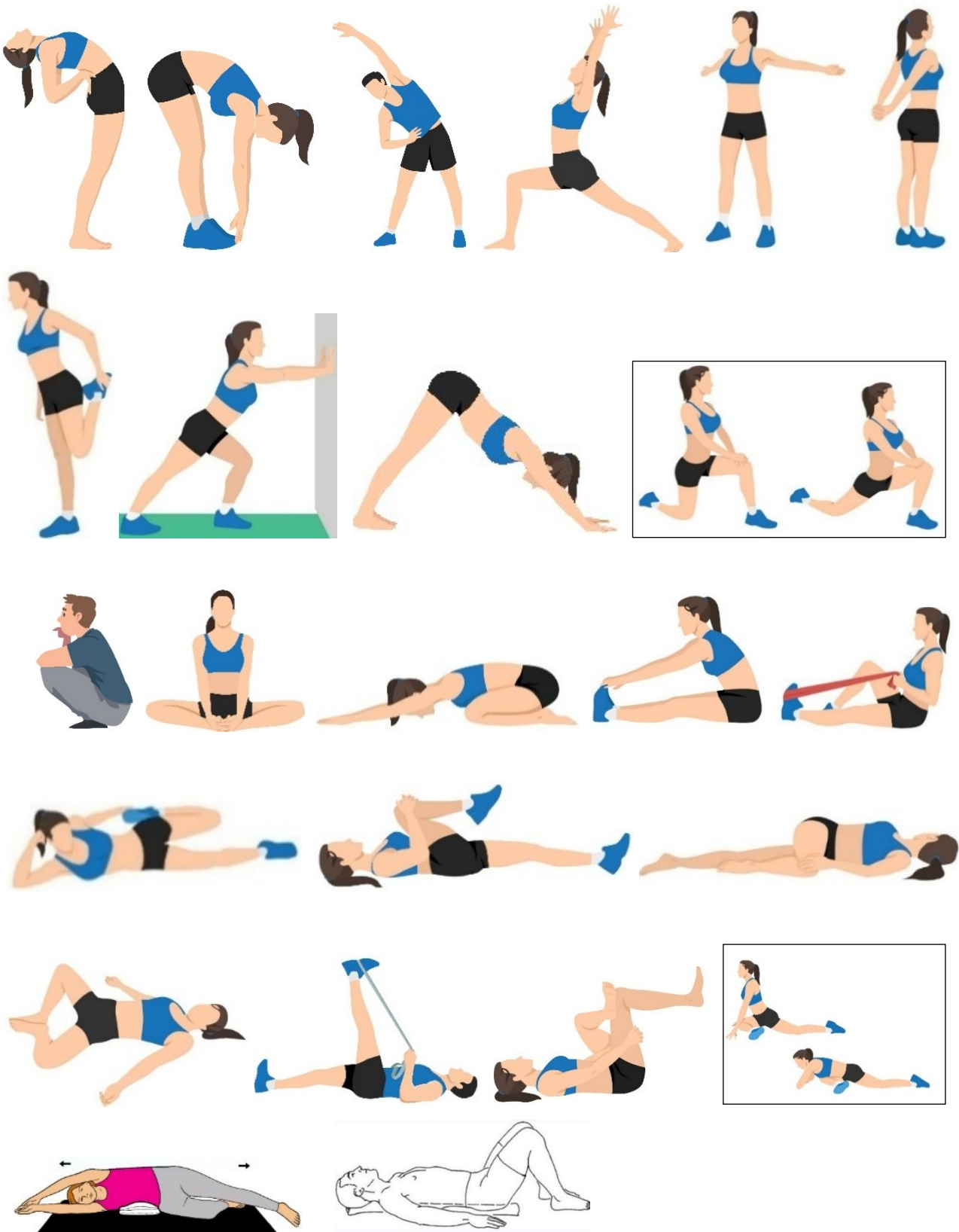
The Lazy Way of Stretching



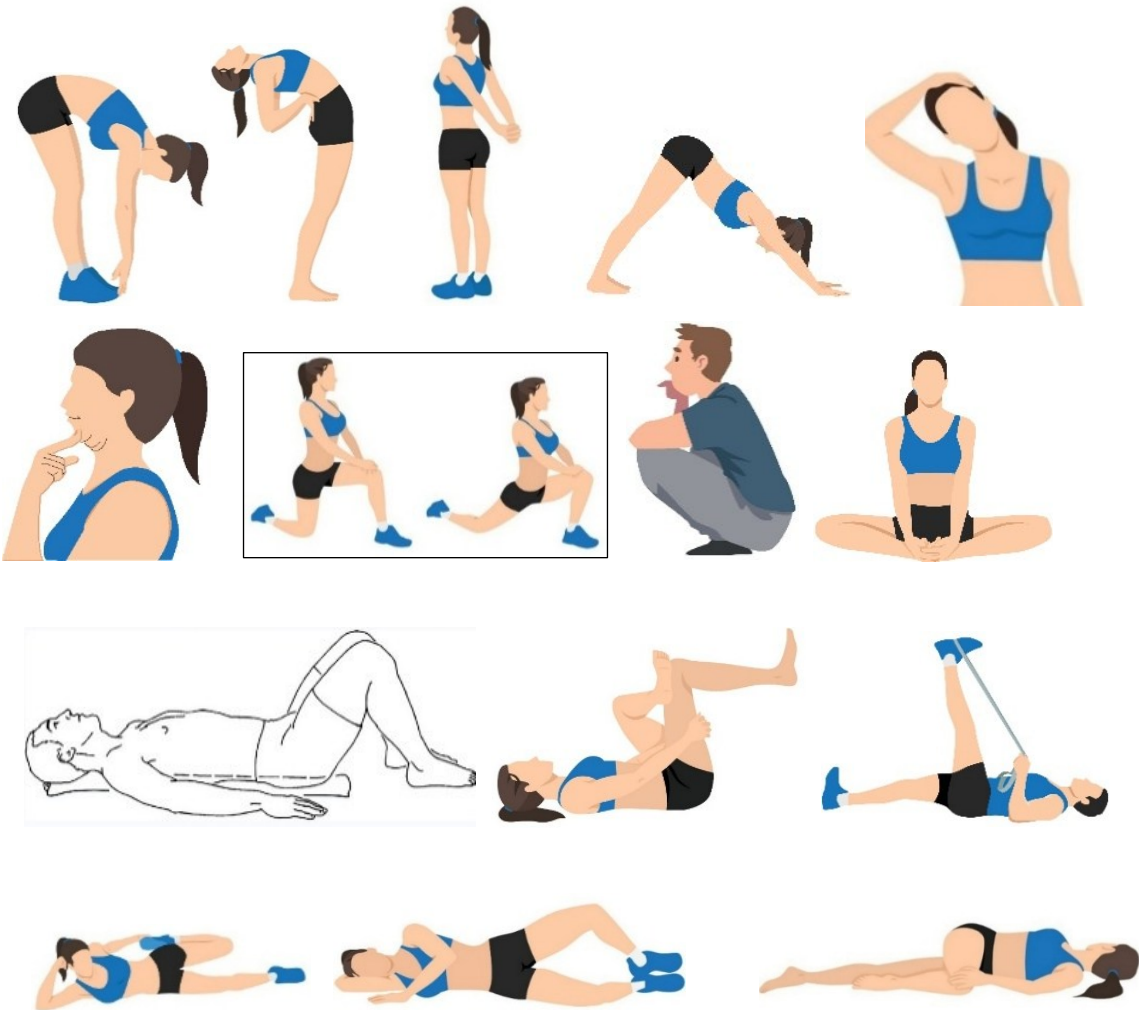
Full Body Stretches and Stretching Targeted Areas



Long Hold Stretches For Flexibility



My Top 15 Stretches and Exercises



Exercises for Strength & Balance

