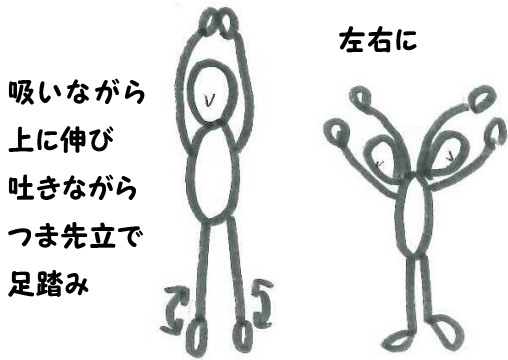
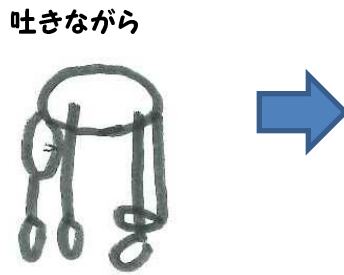


おすすめ！3分間ストレッチ体操♪

①上へのびる



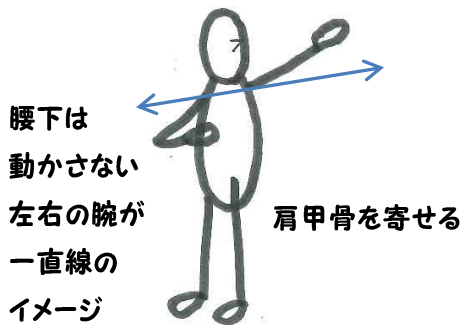
②前に倒す



③後ろにそる



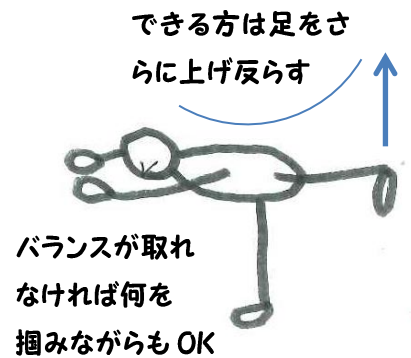
④弓を引く(左右)



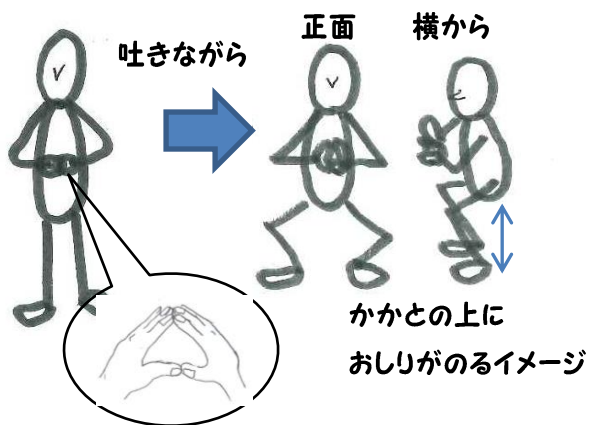
⑤腰をひねる(左右)



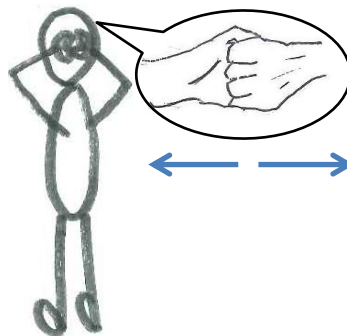
⑥片足を後ろに上げる



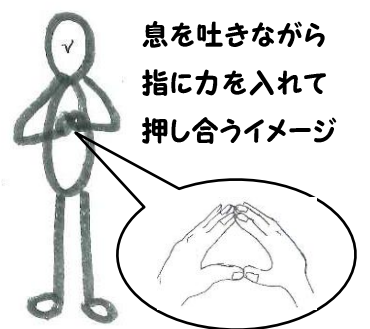
⑦腰を下げてかかとを上下



⑧頭の後ろで手を引っ張る



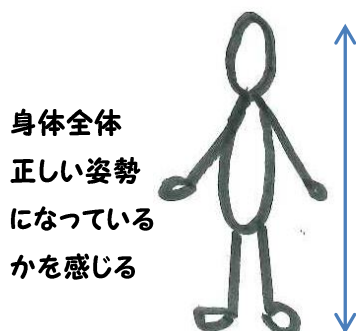
⑨前で手を押し合う



⑫上から下に



⑬全身スキャンして終了



⑭足りなければ...

