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- Remove Your Shoes. Sit Toward The Front Edge Of A Chair And Lean Back, Using Pillows To Support Your Back.
- Stretch Legs Out In Front Of You.
- With Your Heels Still On The Floor, Bend Ankles To Point Feet Toward You.
- Next, Bend Ankles To Point Feet Away From You.
- If You Don't Feel The Stretch, Repeat With Your Feet Slightly Off

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