

# STRETCHING FOR A PAIN-FREE LIFE

Simple At-Home Exercises to Solve the Root Cause of  
Low Back, Neck, Knee, Shoulder and Ankle Tension for Good



Includes  
Step-by-Step  
Pictures for Every  
Movement

**John Cybulski, DC and Bobby Riley, DC**  
Creators of The Anatomy of Therapy

# Healthy Back Simple Exercises For An Active Painfree Back

**The complete guide**



## **Healthy Back Simple Exercises For An Active Painfree Back:**

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