



I'm not a robot



Join us on a journey through the fascinating history of The diamond
legs stretch primarily targets the adductors, hips, and groin. It is a
dynamic stretch and can go from 0-60 pretty fast,Â ... By Dr Jason
Tirado DC. Hey Crackamaniacs! Dr. Tirado here with another great
chiropractic adjustment! Comment down belowÂ ... to our channel for
more tips and exercises! ----- â»

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that feels like yoga!