



I'm not a robot

































Watch AMTA National Convention speaker Jill Burynski provide a hands-on 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 ... Megan performs the Cobra Stretch on Shai.... Megan and Shai from the Still Light Centre, a Here's a soft tissue mobilization or Here's a great base schedule of how to divide your time when giving a Relaxing those tight calves and Achilles tendons! Full video up now! Frozen Shoulder Massage Release (PAINFUL Area)