

Flexi Body

head	+	-
right forearm	+	-
right arm	+	-
right hand	+	-
left forearm	+	-
left arm	+	-
left hand	+	-
lower spine	+	-
right femur	+	-
right tibia	+	-
right foot	+	-
left femur	+	-
left tibia	+	-
left foot	+	-

Instructions

