

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

