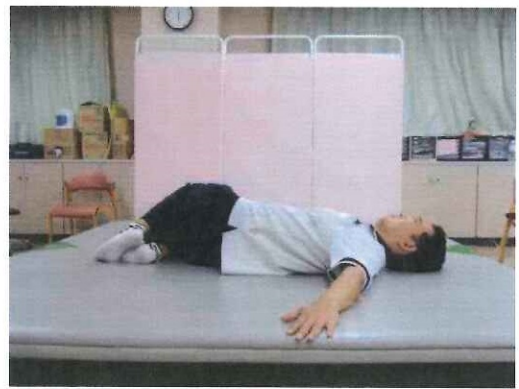
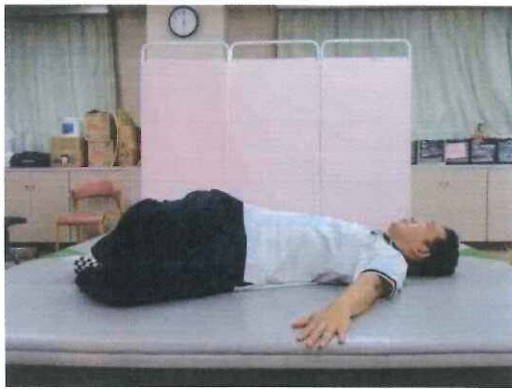
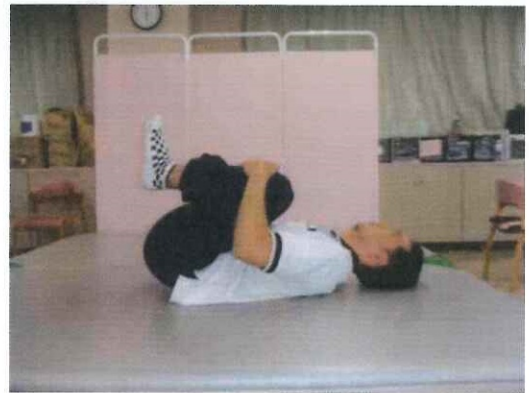
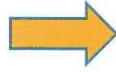
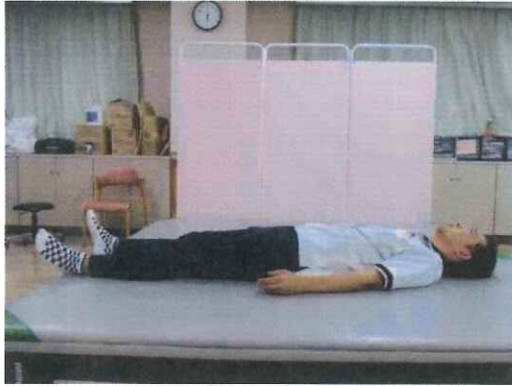


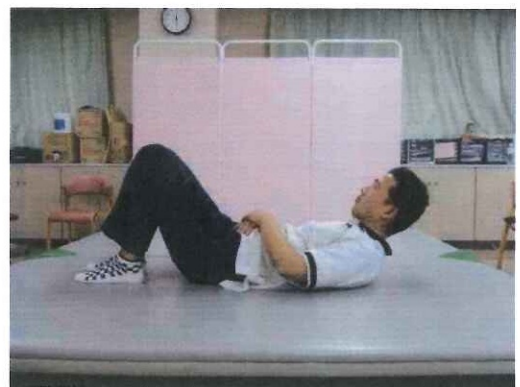
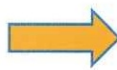
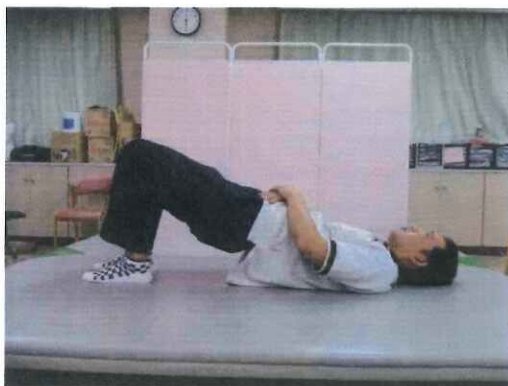
# 腰痛体操 パート 3

## 腰回りの柔軟性を高める体操



※無理な体操は避けて下さい

## 腰回りの運動



※適度な運動を心掛けて下さい