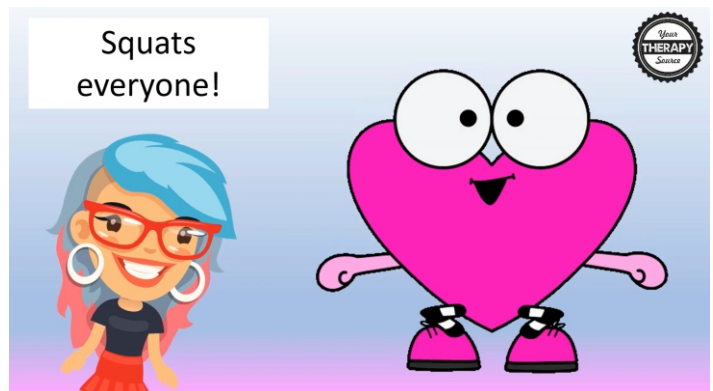


VALENTINE FREEZE DANCE

Hit play on the video and do the exercises that my friends do.

When I say FREEZE, you need to stay absolutely frozen until my friends start exercising again!

HAVE FUN!



SCAN THE QR CODE
TO USE THE VIDEO
or go to

www.yourtherapysource.com/vdw/



www.YourTherapySource.com