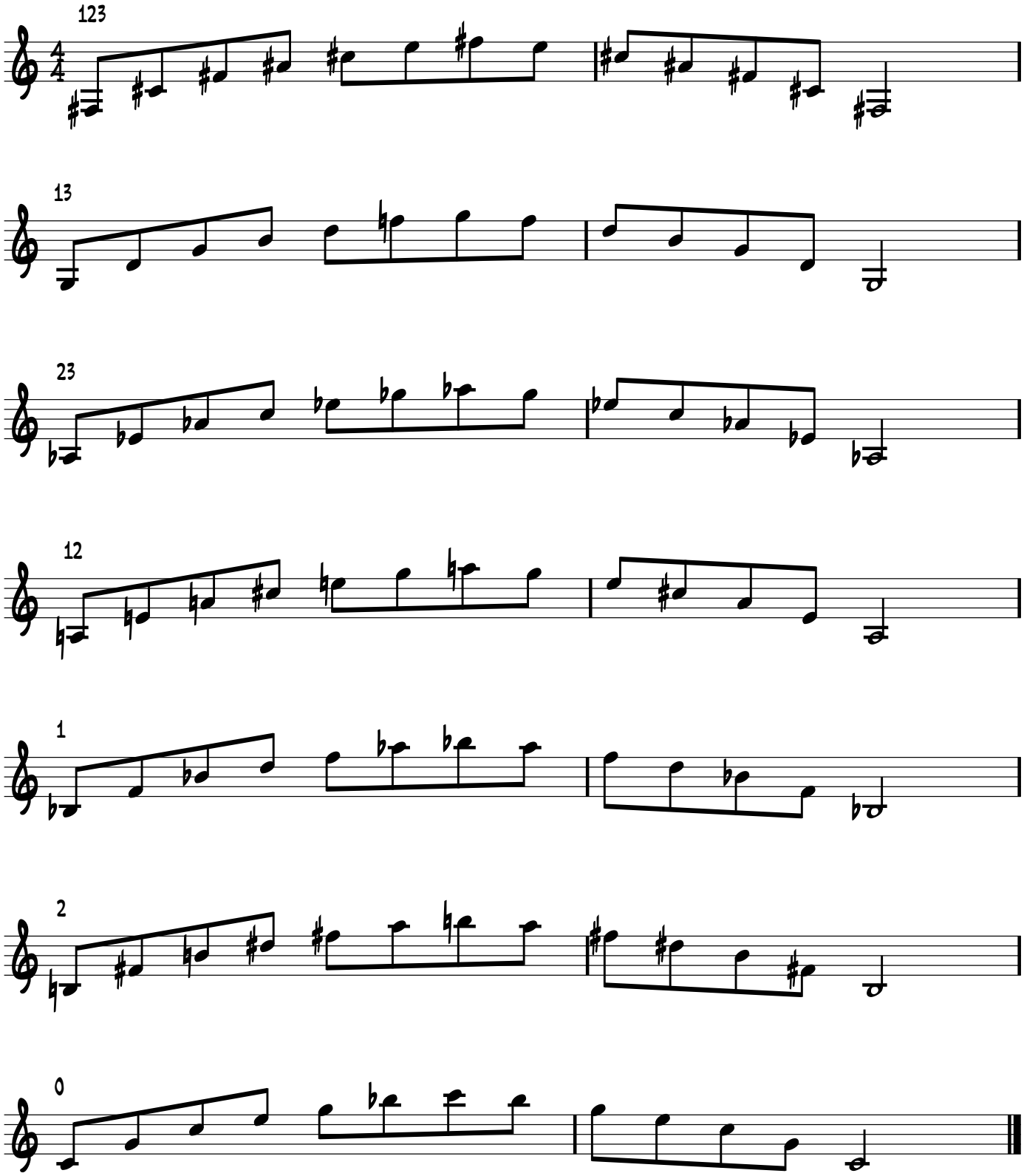LIP FLEXIBILITY EXERCISE 1