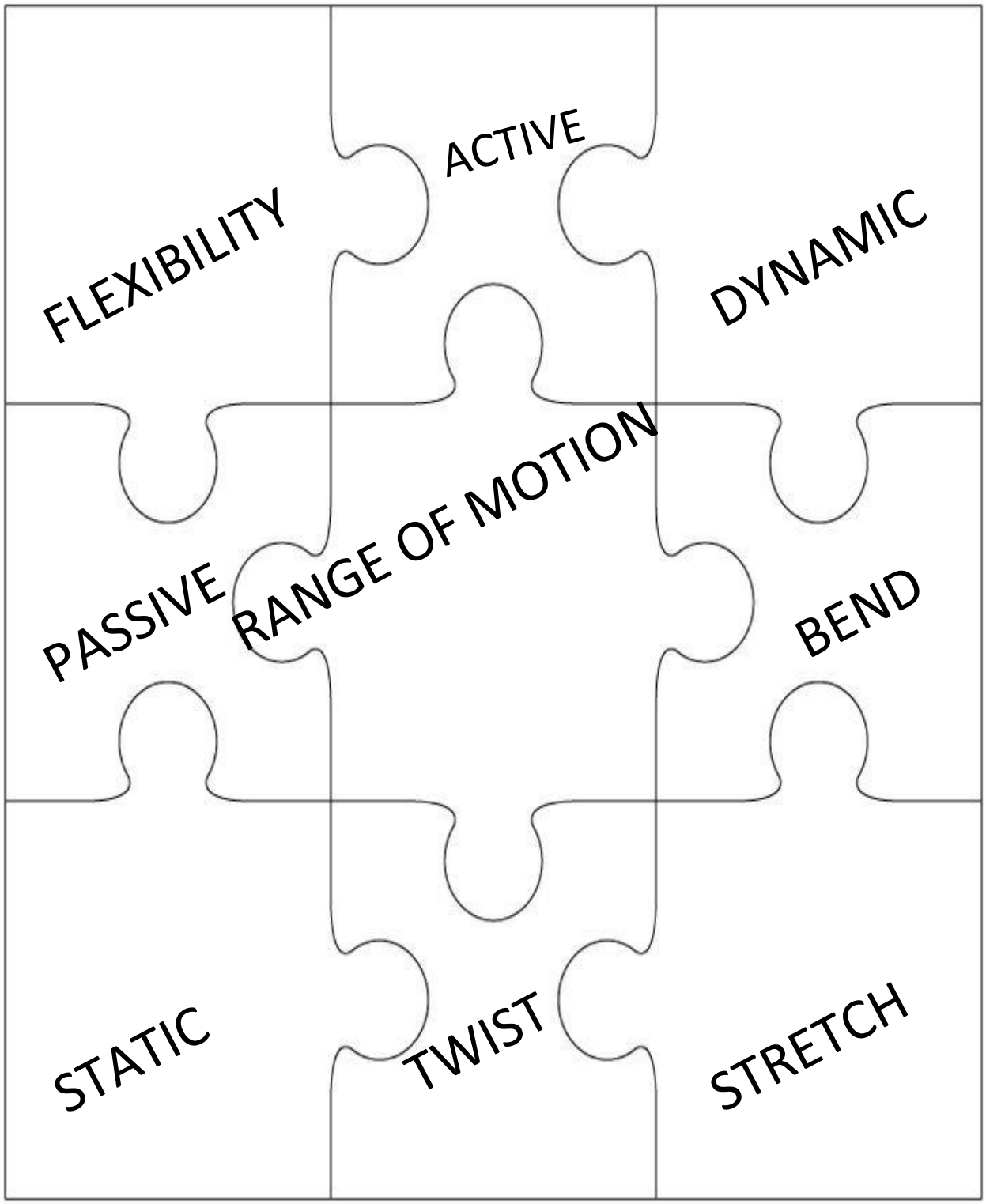

FLEXIBILITY
ACTIVE
DYNAMIC
PASSIVE
RANGE OF MOTION
BEND
STATIC
TWIST
STRETCH