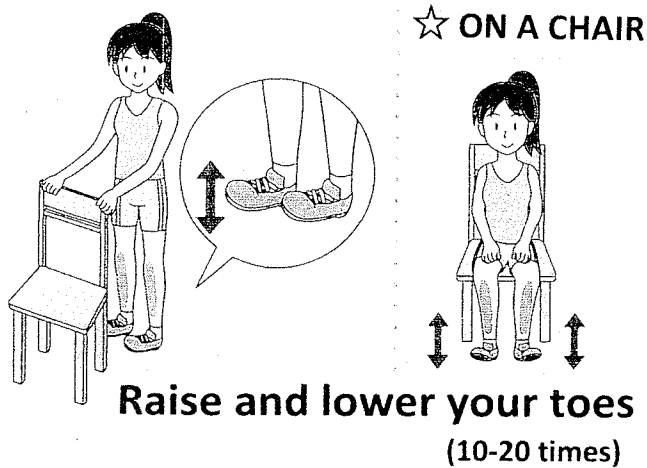


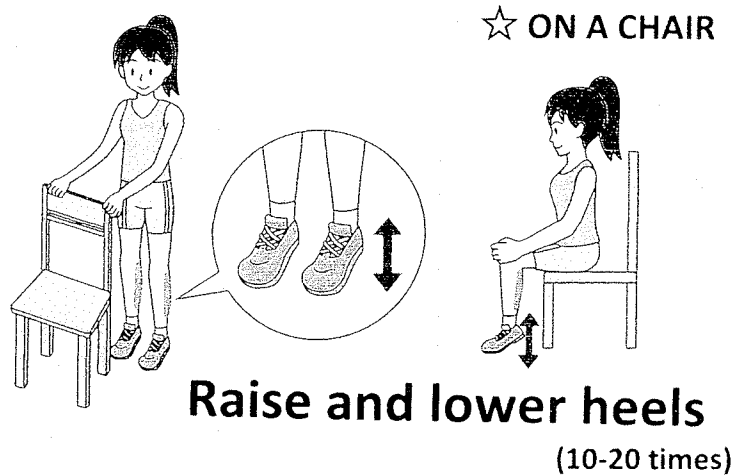
KANTAN TAISO 3

For lower limb muscles

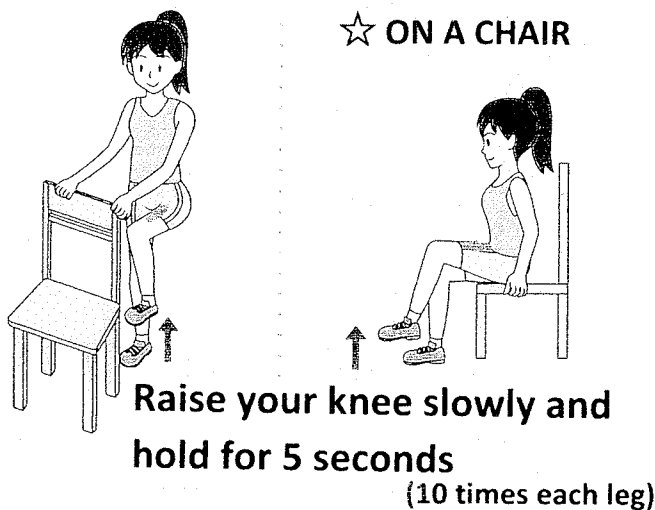
Strengthen shin muscles



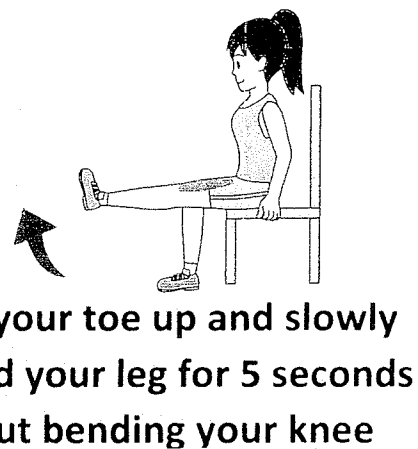
Strengthen calf muscles



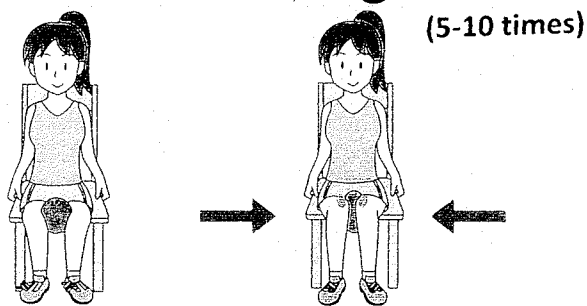
Strengthen thigh muscles



Strengthen muscles above knees (5-10 times each leg)



Strengthen muscles inside the thigh (5-10 times)



Strengthen butt muscle

