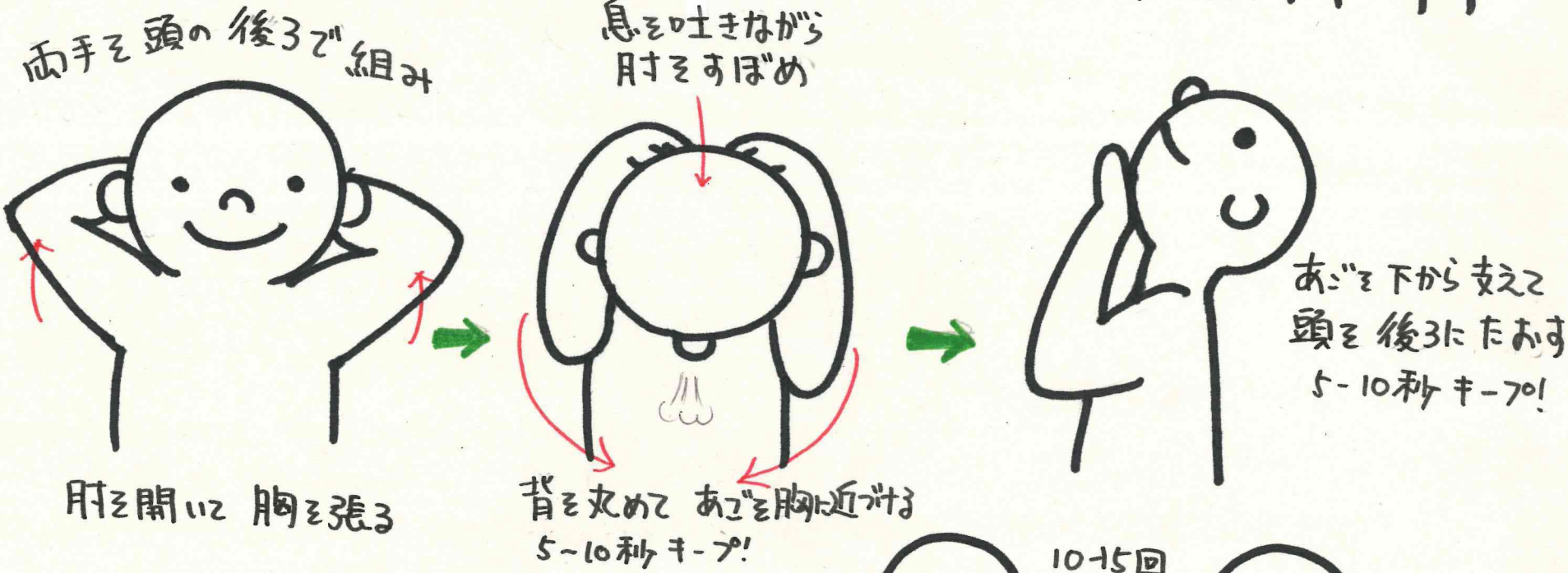
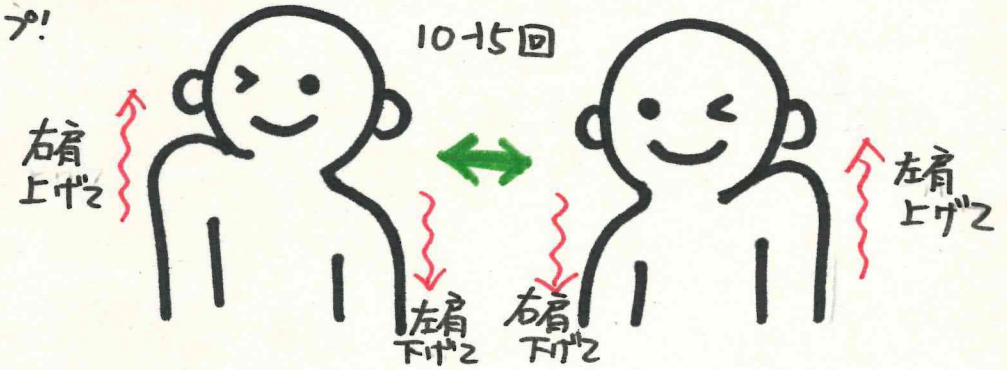
お手軽ストレッチ④

肩こりストレッチ