

# 15 Minute Stretching Workout (15 Minute Fitness) By Suzanne Martin

**By Suzanne Martin**

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Did you know that spending 15 minutes of your day on stretching exercises can help you stay Stretching every day for just about 15 minutes when you get up in the

Jun 14, 2011 Get Healthy with Matthew's \*new\* Cutting Edge Health System:

May 21, 2014 Although my intro says 10 minutes, this is a 15 minute stretch session! Future videos will improve in sound quality.

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