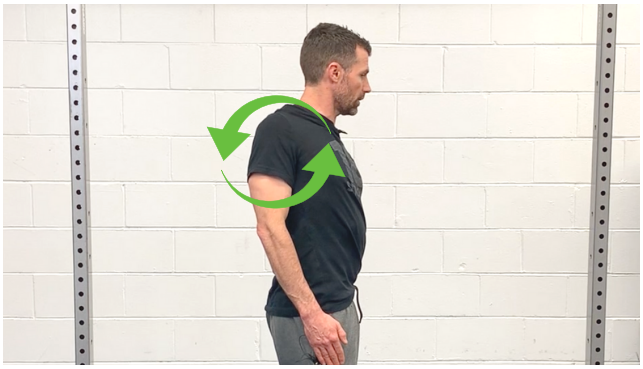
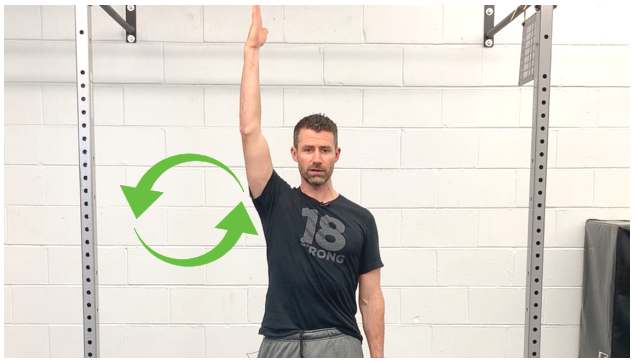
DAILY MOTION ROUTINE

NECK CIRCLES

SHOULDER BLADE CIRCLES



SHOULDER CIRCLES



TRUNK FLEXION/EXTENSION

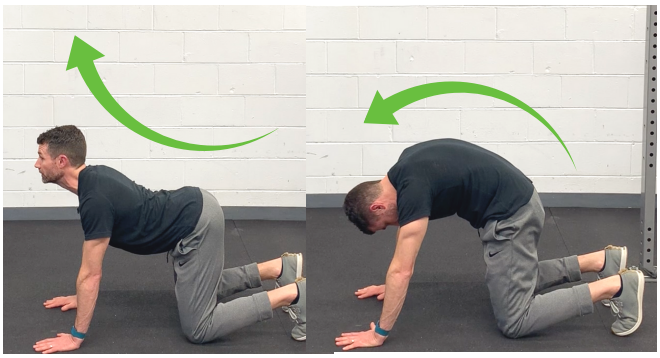
TRUNK ROTATION

HIP CIRCLES

ANKLE CIRCLES

90/90 HIP FLOW

CAT & CAMEL



18STRONG