

Active movement exercises

GameProgression

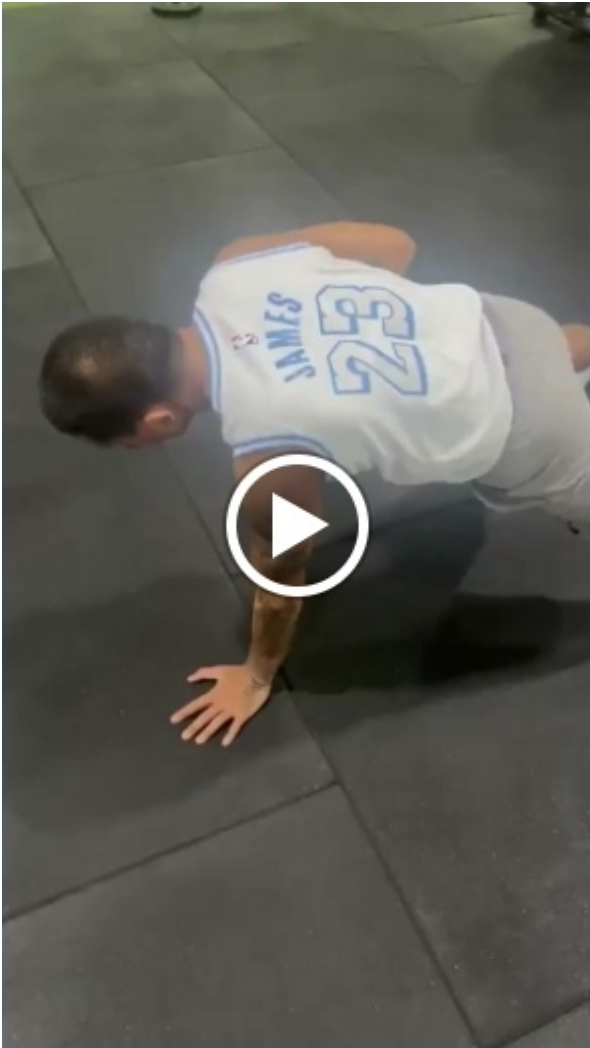
ROLL TO SHOULDER BALANCE THEN RETURN TO STANDING



BIRD DOGS



ALTERNATE ARM PUSH PRESS UPS



SQUAT STRETCH

