

MOVE BETTER FEEL BETTER

EXERCISE LIBRARY

MOBILITY





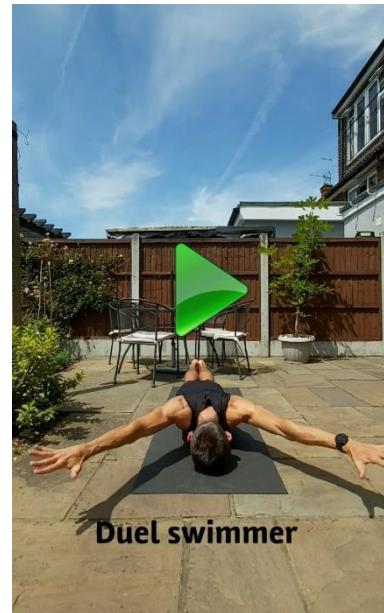
**Shoulder CAR
(anterior)**



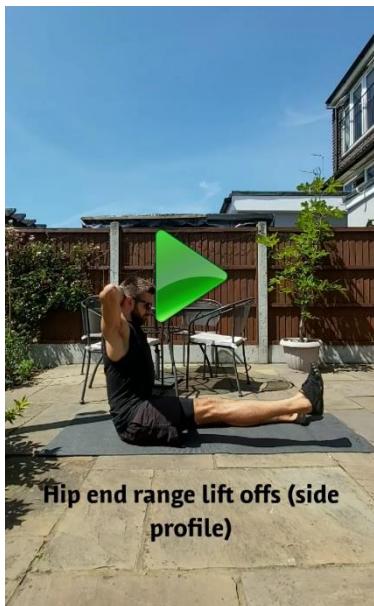
**Shoulder CAR (Side
profile)**

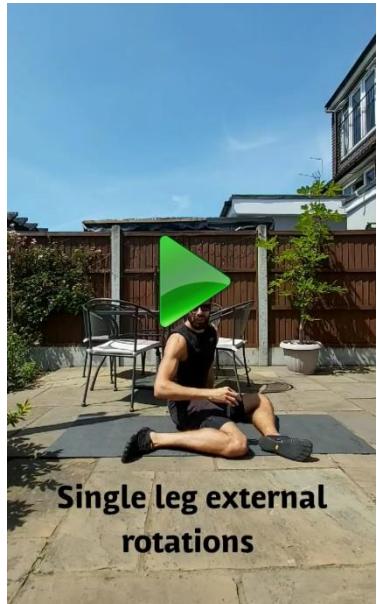


Single arm swimmer



Duel swimmer

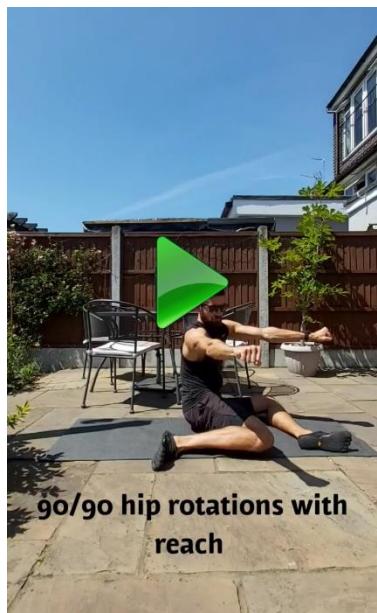




Single leg external rotations



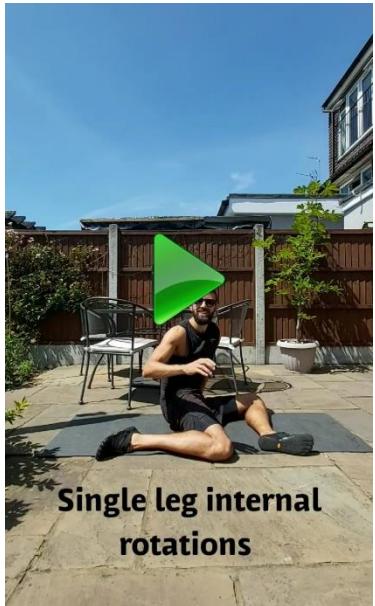
90/90 hip rotations



90/90 hip rotations with reach



90/90 play



Single leg internal rotations



Advanced hip hovers



Active 90/90 stretch



90/90 ramp stretch