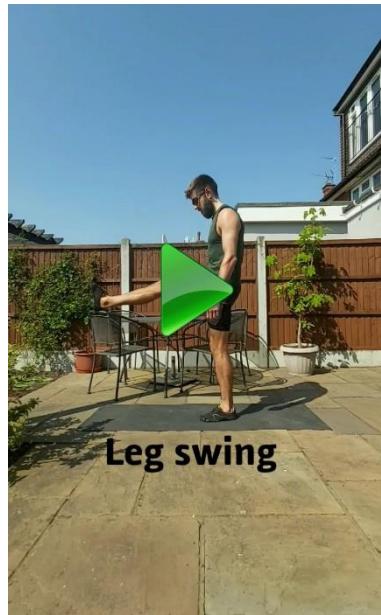
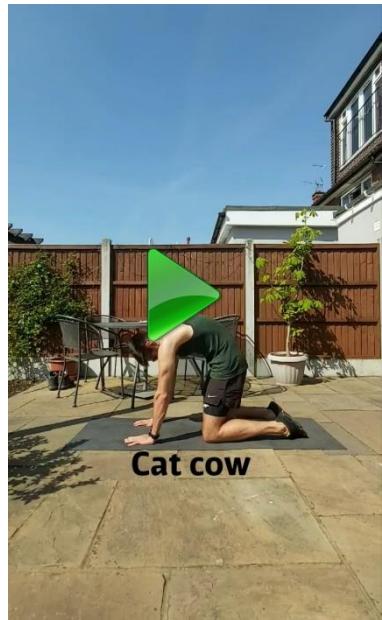


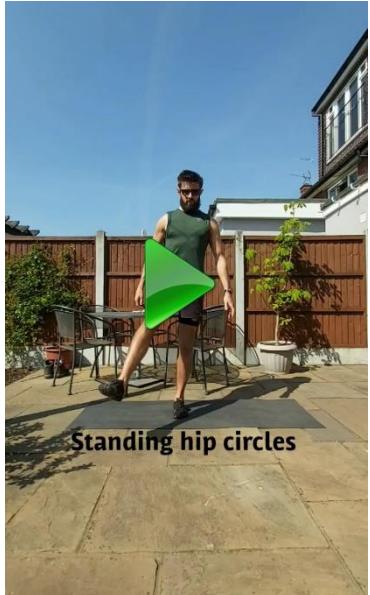
MOVE BETTER FEEL BETTER

EXERCISE LIBRARY

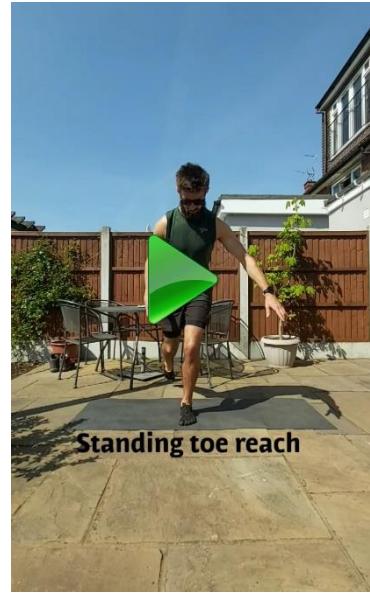
WARM UP







Standing hip circles



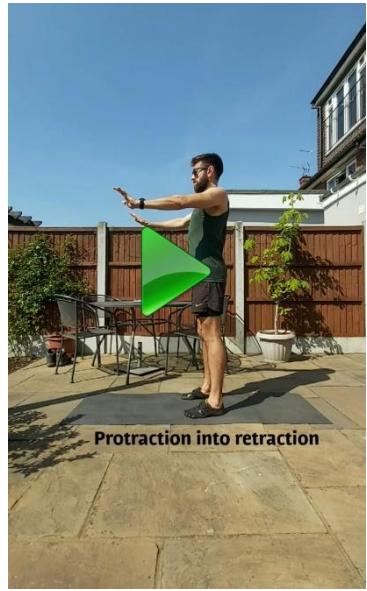
Standing toe reach



Single leg RDL



Arm crossover



MOVE BETTER FEEL BETTER

