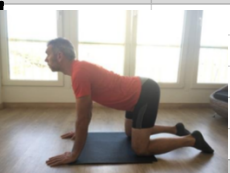
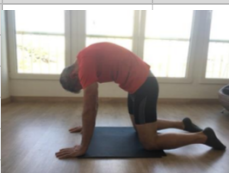











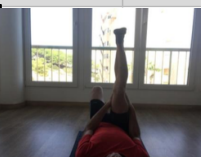



**MOBILITY 1** \*OPPOSITE SIDE AND HIP FIXED- HIGH POSITION- FOCUS AND CONTROL THE BREATHING

1					6				
5 REP NORMAL + 3 REP OBLIQUE + 5 HIP ROTATION					5 REP EACH SIDE				
2					7				
5 REP EACH SIDE					5 REP EACH SIDE				
3					8				
5 REP					5 REP EACH SIDE				
4					9				
3 REP FINGER EYES + 3 REP FINGER SHOULDER					5 REP EACH SIDE + 10 ROTATION FEET EACH DIRECTION				
5					10				
5 REP EACH SIDE									