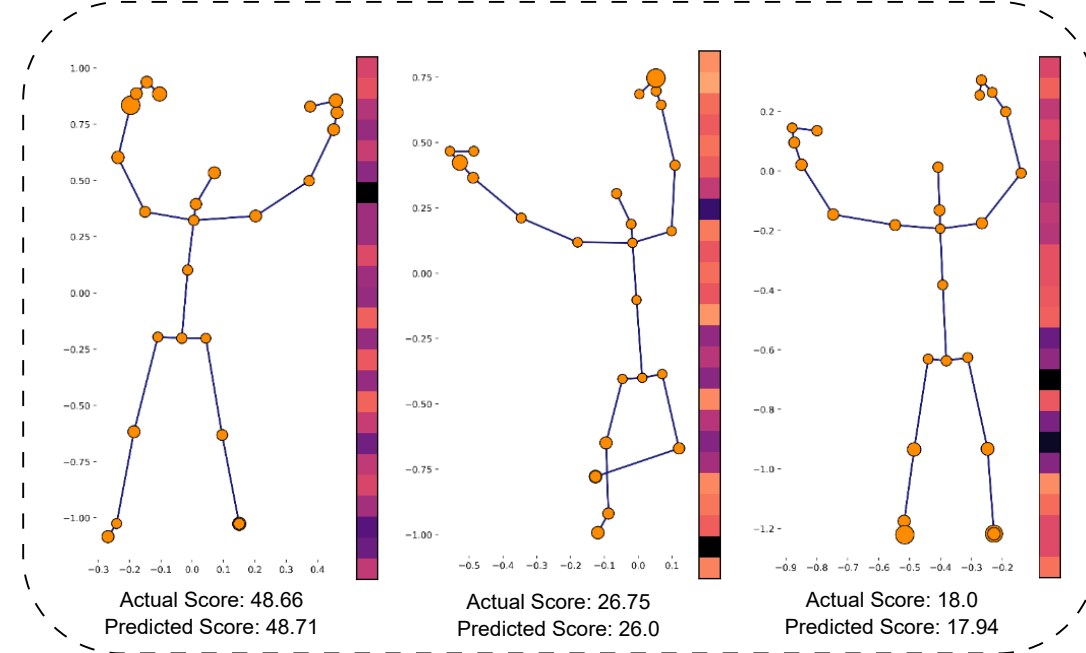
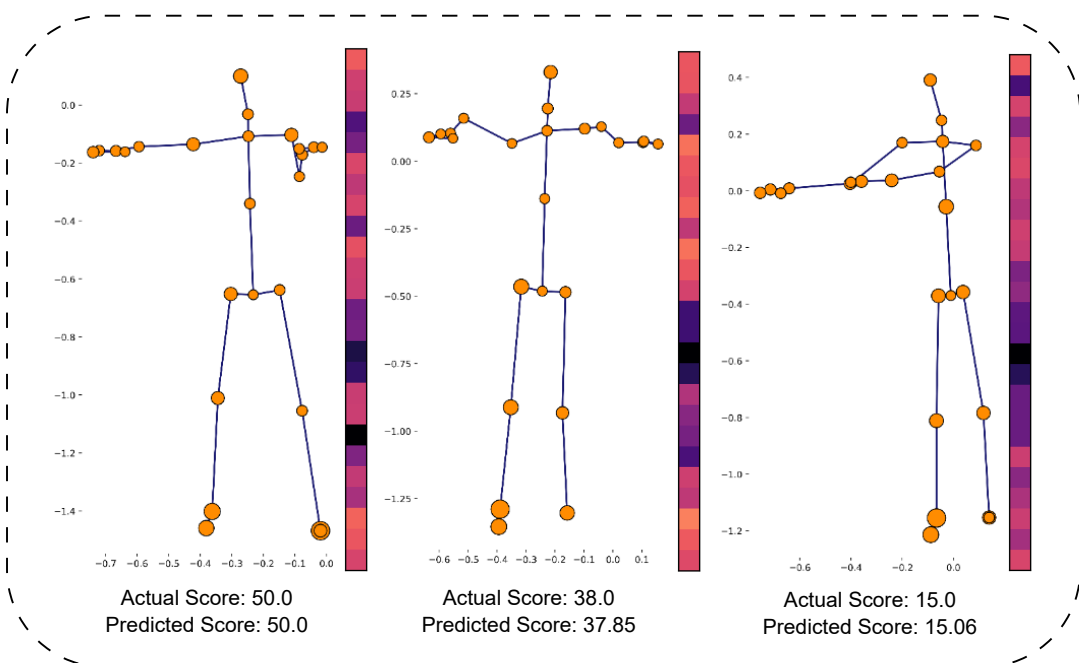


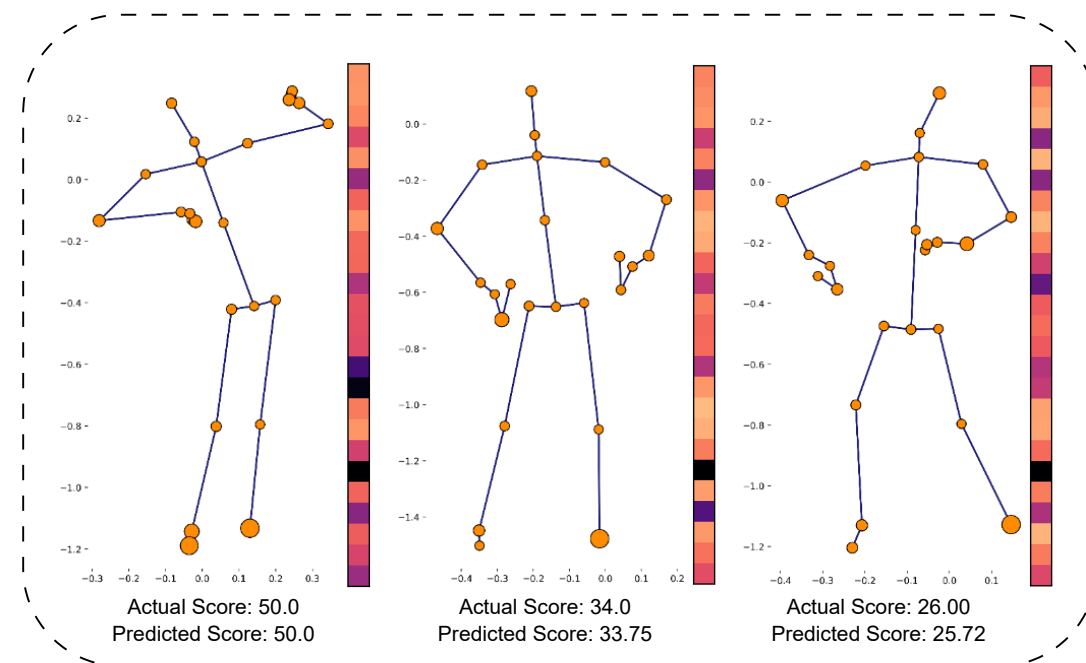
Exercise 1: Lifting Arms



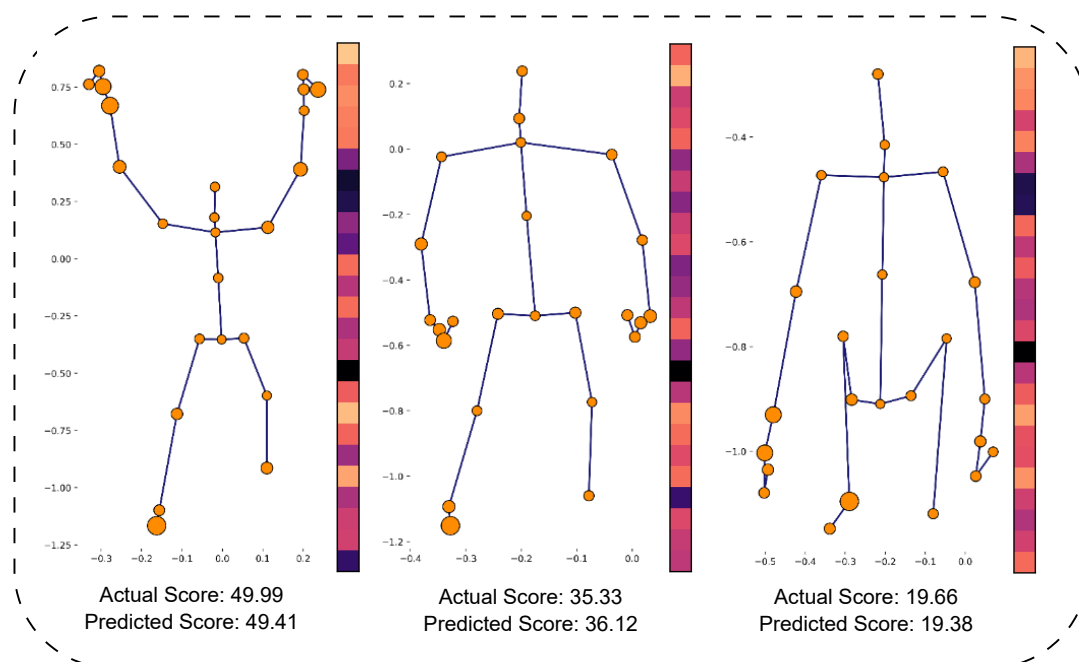
Exercise 2: Arms Extension



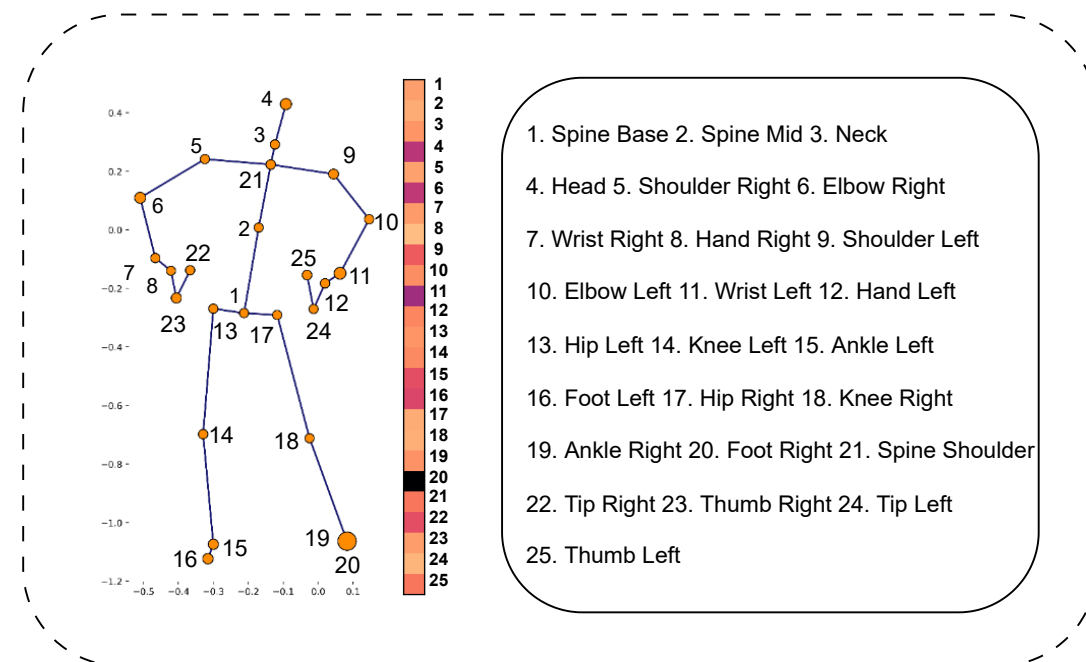
Exercise 3: Trunk Rotation



Exercise 4: Pelvis Rotation



Exercise 5: Squatting



Example