

DECOMPRESSION



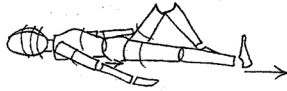
SHOULDER PRESS



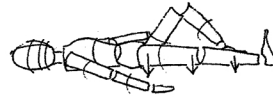
HEAD PRESS



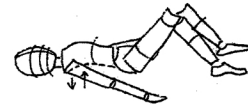
LEG LENGTHENER



LEG PRESS



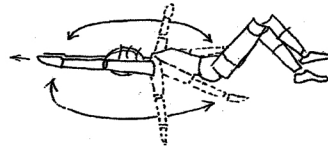
ARCH YOUR BACK



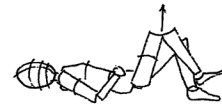
ELBOW PRESS



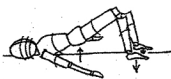
SNOW ANGELS



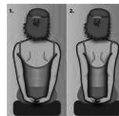
ABDOMINALS



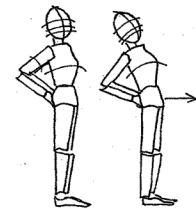
BRIDGING



SHOULDER BLADE SQUEEZE



BACK EXTENSION



WALL PUSHUPS



WALL ARM LIFTS



WALL SLIDES

