

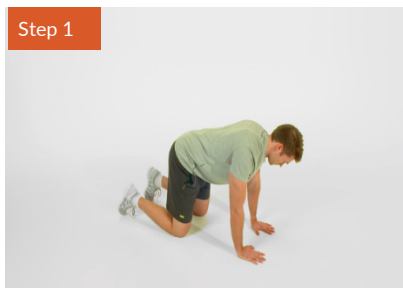
WEIGHTLIFTING-DAILY MOVEMENT



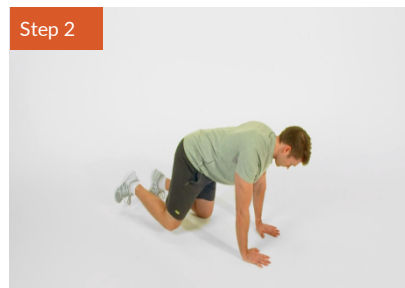
HIP CIRCLES

5 times each limb

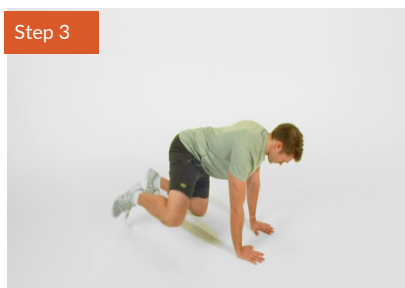
Step 1



Step 2



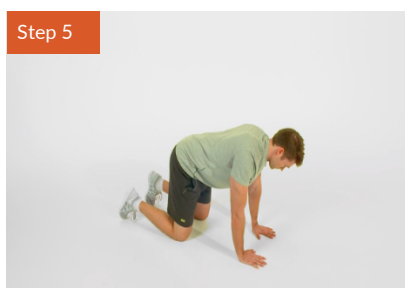
Step 3



Step 4



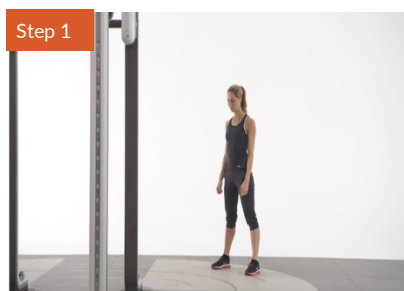
Step 5



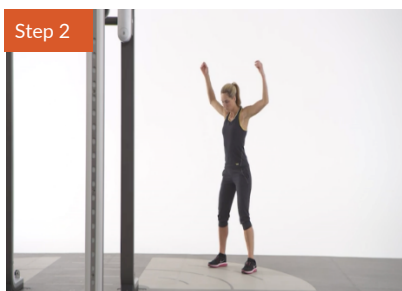
ARM SWINGS

5 times

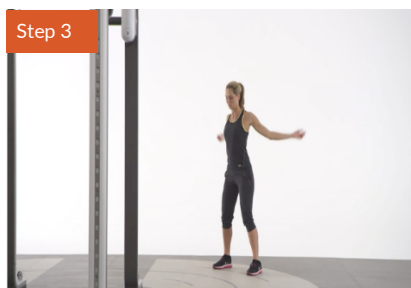
Step 1



Step 2



Step 3



Step 4



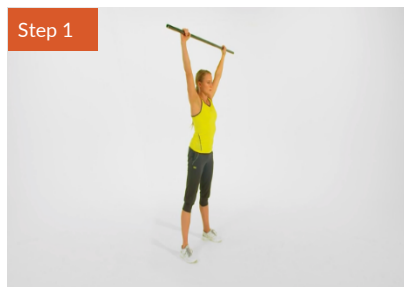
Step 5



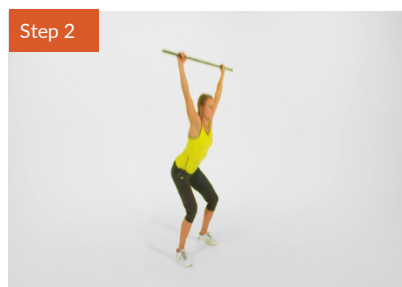
OVERHEAD SQUAT

5 times

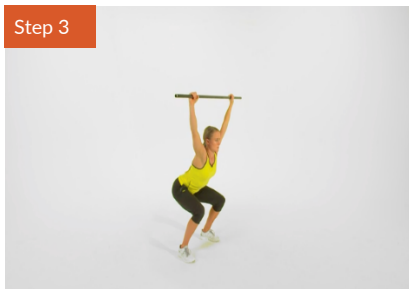
Step 1



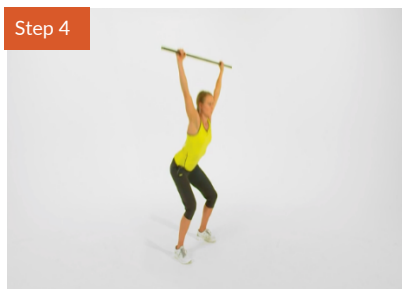
Step 2



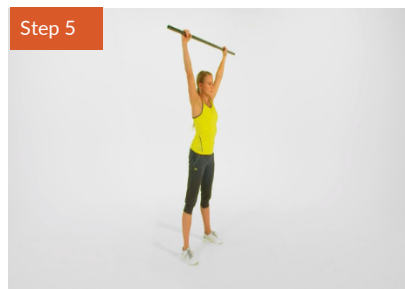
Step 3



Step 4



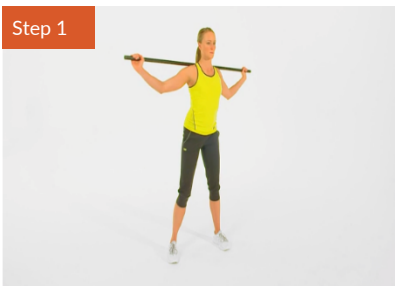
Step 5



TRUNK ROTATIONS

5 times each

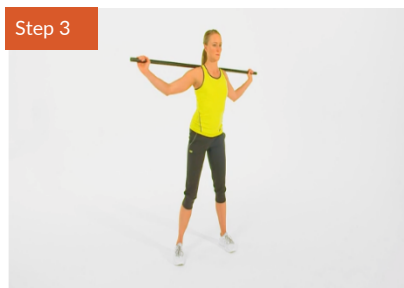
Step 1



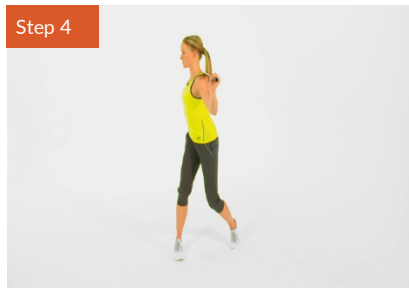
Step 2



Step 3



Step 4



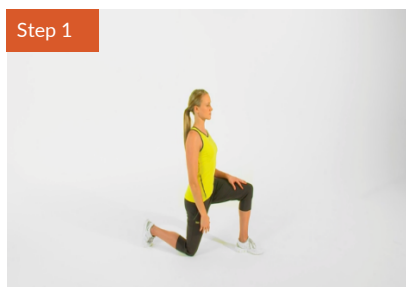
Step 5



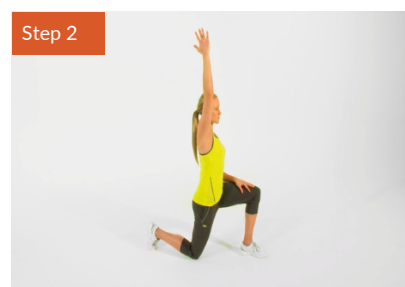
HIP FLEXOR STRETCH

3 times hold for 30 seconds

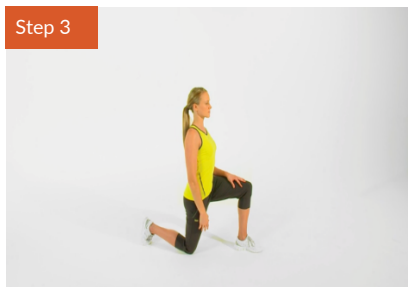
Step 1



Step 2



Step 3



Step 4



Step 5

