

Exercises	Semantic poses
Hip flexion (A_1)	T_1, T_{17}
Trunk rotation (A_2)	T_1, T_{18}, T_{19}
Lateral stepping (A_3)	T_1, T_{20}
Thoracic rotation (B_1)	T_{21}, T_{22}
Hip adductor stretch (B_2)	T_1, T_{23}
Hip stretch (B_3)	T_1, T_{24}, T_{25}
Curl-to-press (C_1)	T_1, T_2
Freestanding squats (C_2)	T_1, T_3
Transverse horizontal punch (C_3)	T_1, T_{26}, T_{27}
Oblique stretch (C_4)	T_1, T_{28}