

## BRACING MANEUVER



### Muscle group:

Lorem ipsum.

### Execution method:

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam risus magna, hendrerit nec purus eu, lobortis mattis diam. Fusce sed leo nisi.



## 1.1 STANDING CALVES



### Muscle group:

Lorem ipsum.

### Common mistakes:

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam risus magna, hendrerit nec purus eu, lobortis mattis diam. Fusce sed leo nisi.



## 1.4 CALF WITH RING



### Muscle group:

Lorem ipsum.

### Common mistakes:

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam risus magna, hendrerit nec purus eu, lobortis mattis diam. Fusce sed leo nisi.



/ABEL\_COLOGNE

## 2.1 ILIOPSOAS LYING DOWN



### Muscle group:

Lorem ipsum.

### Common mistakes:

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam risus magna, hendrerit nec purus eu, lobortis mattis diam. Fusce sed leo nisi.

