

Perform 5 reps for each move and do a slow count of 1-2-3-4 (while moving concentrically) and another slow count of 1-2-3-4 (moving eccentrically).

## #1 - HIP FLEXION



Start Position      End Position

## #2 - HIP FLEXION W/ KNEE EXTENSION



Start Position      End Position

## #3 - HIP EXTENSION



Start Position      End Position

## #4 - HIP EXTENSION W/ KNEE FLEXION



Start Position      End Position

## #5 - HIP ABDUCTION



Start Position      End Position

## #6 - HIP FLEXION W/ HIP ROTATION



Start Position      Mid-Position      End Position

## #7 - ROWS



Start Position      End Position

## #8 - ROWS W/ROTATION



Start Position      Mid-Position      End Position

## #9 - HORIZONTAL ABDUCTION



Start Position      End Position

## #10 - OVERHEAD PRESS



Start Position      End Position

## #11 - SHOULDER + WRIST + ELBOW EXTENSION



Start Position      Mid-Position      End Position

## #12 - TRUNK ROTATION



Start Position      To the Right      To the Left

## #13 - TRUNK LATERAL FLEXION



Start Position      To the Right      To the Left

## #14 - NECK ROTATION



Start Position      To the Right      To the Left

## #15 - NECK LATERAL FLEXION



Start Position      To The Right      To The Left

## #16 - CHIN TUCKS



Start Position      Chin Out      Chin In

## #17 - HEEL RAISE & TOE RAISE



Toe Raise      Heel Raise