

## THE DEAD HE



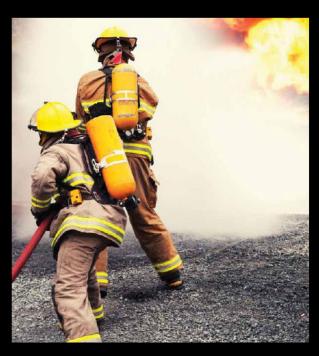


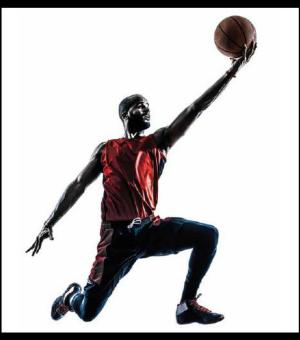


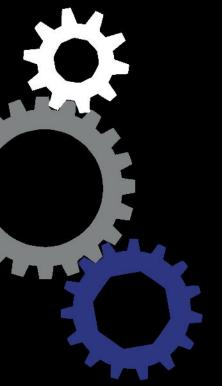
- **PUSH YOUR BUTT BACK & GRIP YOUR TOES**
- WHEN PUSHING
- WHEN PULLING
- WHEN REACHING



## THE LUNGE







#### **HOW DO YOU WANT TO MOVE? MOVE LIKE AN ATHLETE.**

- **FLEXIBILITY**
- **AGILITY**
- **STABILITY**
- **BALANCE**



## THE SQUAT







- **BEND FROM THE HIPS**
- **HEAD AND CHEST UP**
- **TOES GRIP THE GROUND**
- STICK BUTT BACK





# TORSO ROTATION







- **ROTATE FROM YOUR HIPS FIRST**
- **GRIP YOUR TOES**
- **WIDE STANCE**
- STAY BALANCED

