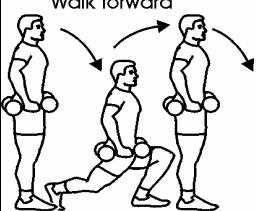
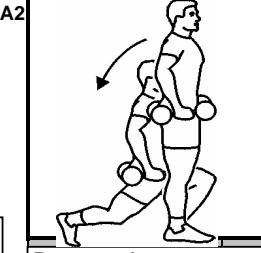
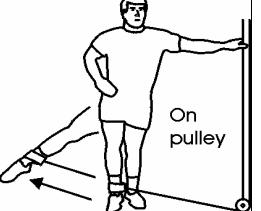
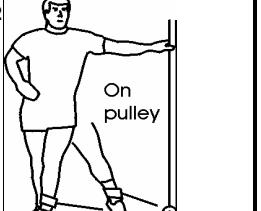
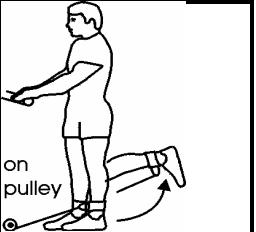
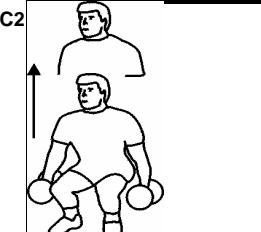
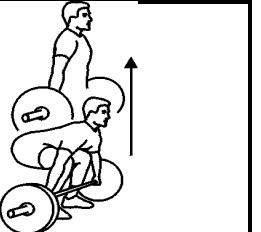
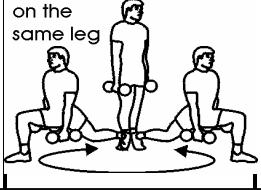




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Name:	Program:	Consultant:
A1 	Walk forward	A2 
Walking Lunges 1. This movement requires more coordination & balance. 2. All points of joint angle and progression apply to this movement.	Reverse Lunge 1. This movement requires more coordination & balance. 2. example text.....	B1  On pulley
 On pulley	B2 Abduction using Cable pulley- 1. This movement requires more coordination & balance. 2. example text..... 3. example text.....	Adduction using Cable pulley- 1. This movement requires more coordination & balance. 2. example text..... 3. example text.....
C1  on pulley	C2 	D1 
Knee Flexion using Cable pulley 1. This movement requires more coordination & balance. 2. example text..... 3. example text.....	Dumbbell Squats 1. This movement requires more coordination & balance. 2. example text..... 3. example text.....	Straight bar Dead Lifts 1. This is an <b>advanced</b> movement for athletes and those training for sports. 2. example text..... 3. example text..... 4. example text.....
 Move around on the same leg	D2 Moving Lunge on Same leg (either straight line or in a circle) 1. example text.....	

Remark: