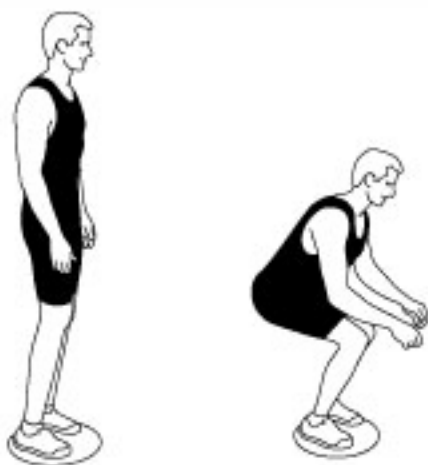
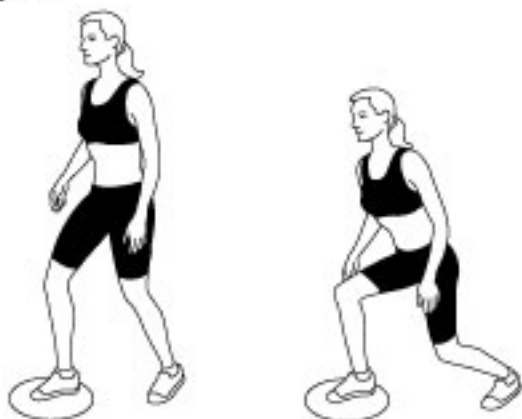


Balance Board Exercises

Squat



Split Squat



Push-Up

