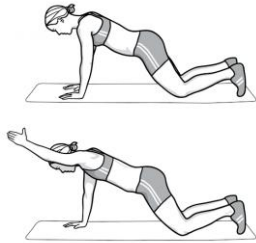


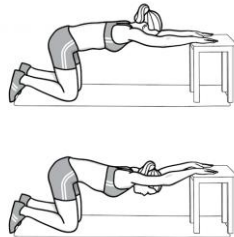
HOME TRAINING

UPPER AND LOWER BACK

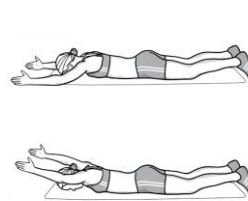
PLANK WITH ARM RAISE



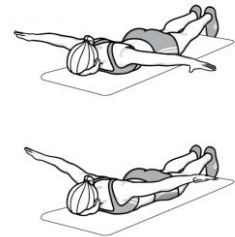
BACK STRETCH



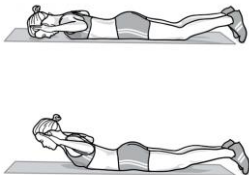
ARM LIFT STRAIGHT



ARM LIFT SIDEWAYS



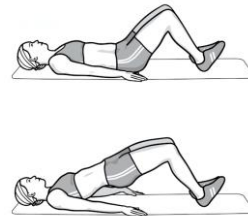
ARM LIFT BENDED



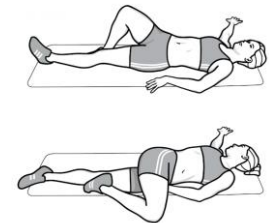
BACK MOBILIZATION



BASIC BRIDGE



HIP MOBILIZATION



REPETITION:

8-12 Repetitions for moving exercises, 30 seconds for static exercises

NOTICE:

You can do 1-3 runs per exercise