

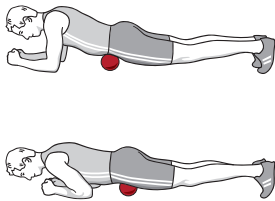
FASCIA TRAINING

EXERCISES FOR HIP / LOWER BACK

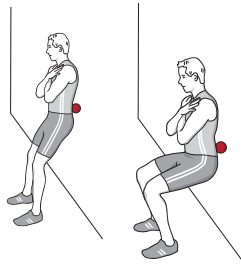


movement24
Betriebliches Gesundheitsmanagement

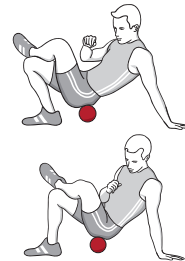
RELAXATION HIP



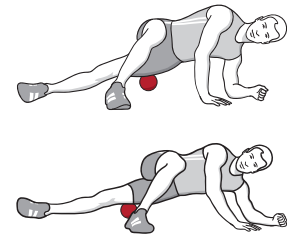
RELAXATION BACK



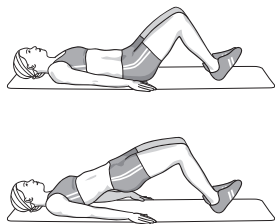
RELAXATION POSTERIOR



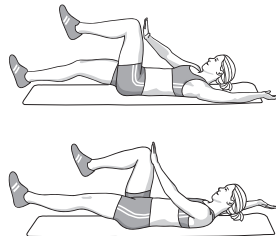
RELAXATION THIGH



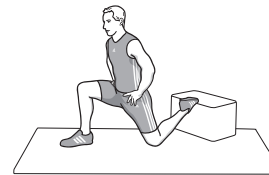
BUTT ACTIVATION



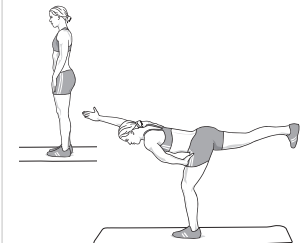
CORE STABILIZATION



HIP STRETCH



HIP STABILIZATION



NOTICE:

Perform exercises with the fascia ball for about 30-60 seconds.
Perform strengthening and mobilization exercises 5-10x.