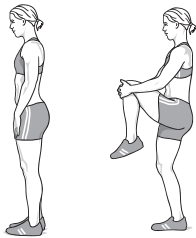# MORNING ROUTINE
ACTIVE START TO THE DAY
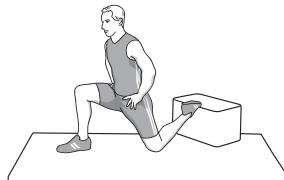

movement24
Betriebliches Gesundheitsmanagement
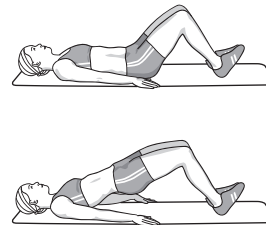
HIP MOBILIZATION

HIP STRETCH

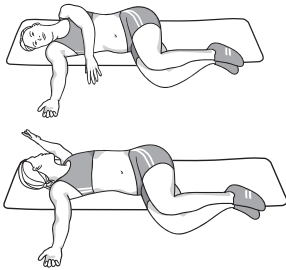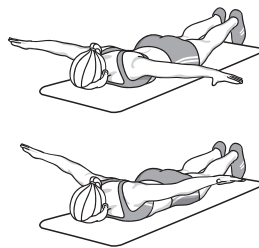**CORE STRENGTHENING**

CORE STABILIZATION
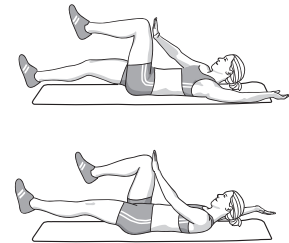
SPINE MOBILIZATION

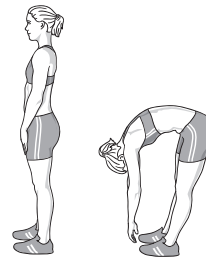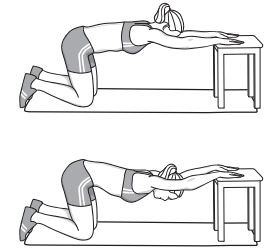**BACK STRENGTHENING**

BACK STRETCH

BACK STRETCH FRONTAL

NOTICE: Perform strengthening and mobilization exercises 5-10x

Hold stretching exercises 30-60 seconds