B	I	N	G	O
proprioception	Bridges	Unfirm surface	lifting with knocked knees	forward rounded shoulders
LAQ	looking straight ahead with flexed neck	good posture	Cane	lifting with back
lifting with toes facing outward	quad sets	**FREE**	Clamshells	ears
feet too far in front of you with standing	lifting with straight legs	forward head	dark	glute sets
ankle pumps	Heel Raises	heel slides	uneven surface	SAQ

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B	I	N	G	O
quad sets	Cane	lifting with knocked knees	LAQ	good posture
Unfirm surface	uneven surface	forward rounded shoulders	Heel Raises	lifting with back
feet too far in front of you with standing	Clamshells	**FREE**	ears	Bridges
dark	heel slides	proprioception	SAQ	lifting with straight legs
forward head	glute sets	lifting with toes facing outward	looking straight ahead with flexed neck	ankle pumps

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B	I	N	G	O
Heel Raises	heel slides	Cane	glute sets	Clamshells
proprioception	feet too far in front of you with standing	forward head	looking straight ahead with flexed neck	forward rounded shoulders
lifting with toes facing outward	SAQ	**FREE**	lifting with straight legs	dark
quad sets	lifting with back	lifting with knocked knees	uneven surface	Unfirm surface
ears	Bridges	good posture	LAQ	ankle pumps

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