

B	I	N	G	O
standing with locked out knees	SLS	eyes closed	seated thoracic extension	pick up object (floor to waist level)
coordination	stair training: up with bad/down with good*	pick up objects (waist to chest level)	aging process	quadruped Cat/Camel
side lying with rotated upper body	thread the needle at counter	FREE	anti-gravity muscles	lifting with locked out knees
lying on stomach with excessive lumbar curvature	side feet when walking	pathologies	flop down when sitting	pick up objects (chest to crown level)
feet	balance	pushing objects with flexed back and arms extended	walker	engage core with bending/lifting/pushing

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thread the needle at counter	aging process	seated thoracic extension	coordination	pick up objects (waist to chest level)
eyes closed	walker	pick up object (floor to waist level)	balance	quadruped Cat/Camel
lying on stomach with excessive lumbar curvature	anti-gravity muscles	FREE	lifting with locked out knees	SLS
flop down when sitting	pushing objects with flexed back and arms extended	standing with locked out knees	engage core with bending/lifting/pushing	side feet when walking
pathologies	pick up objects (chest to crown level)	side lying with rotated upper body	stair training: up with bad/down with good*	feet

B	I	N	G	O
balance	pushing objects with flexed back and arms extended	aging process	pick up objects (chest to crown level)	anti-gravity muscles
standing with locked out knees	lying on stomach with excessive lumbar curvature	pathologies	stair training: up with bad/down with good*	pick up object (floor to waist level)
side lying with rotated upper body	engage core with bending/lifting/pushing	FREE	side feet when walking	flop down when sitting
thread the needle at counter	quadruped Cat/Camel	seated thoracic extension	walker	eyes closed
lifting with locked out knees	SLS	pick up objects (waist to chest level)	coordination	feet