

B	I	N	G	O
lifting with straight legs	Mini Squats	Standing Hip Flexion	feet too far in front of you with standing	aging process
Standing Hip Abduction	lifting with knocked knees	cane	Quadruped Alternating Arm Lift	feet
forward rounded shoulders	lifting with toes facing outward	FREE	Scap Squeezes	Standing Shoulder Press
Standing Shoulder Scaption	forward head	Wall Slides	Standing Shoulder Flexion	balance
Standing Shoulder Abduction	Sidelying Shoulder External Rotation	eyes closed	pathologies	Standing Hip Extension

B	I	N	G	O
lifting with toes facing outward	Quadruped Alternating Arm Lift	feet too far in front of you with standing	Standing Hip Abduction	cane
Standing Hip Flexion	pathologies	aging process	Sidelying Shoulder External Rotation	feet
Standing Shoulder Scaption	Scap Squeezes	FREE	Standing Shoulder Press	Mini Squats
Standing Shoulder Flexion	eyes closed	lifting with straight legs	Standing Hip Extension	forward head
Wall Slides	balance	forward rounded shoulders	lifting with knocked knees	Standing Shoulder Abduction

B	I	N	G	O
Sidelying Shoulder External Rotation	eyes closed	Quadruped Alternating Arm Lift	balance	Scap Squeezes
lifting with straight legs	Standing Shoulder Scaption	Wall Slides	lifting with knocked knees	aging process
forward rounded shoulders	Standing Hip Extension	FREE	forward head	Standing Shoulder Flexion
lifting with toes facing outward	feet	feet too far in front of you with standing	pathologies	Standing Hip Flexion
Standing Shoulder Press	Mini Squats	cane	Standing Hip Abduction	Standing Shoulder Abduction