

B	I	N	G	O
side lying with rotated upper body	1: ears	SAQ	pick up objects (chest to crown level)	lifting with back
LAQ	pushing objects with flexed back and arms extended	looking straight ahead with flexed neck	Bridges	pick up object (floor to waist level)
proprioception	standing with locked out knees	FREE	Clamshells	Wall Slides
dark	pick up objects (waist to chest level)	good posture	Unfirm surface	lifting with locked out knees
Standing Hip Abduction	Heel Raises	lying on stomach with excessive lumbar curvature	uneven surface	Mini Squats

B	I	N	G	O
standing with locked out knees	Bridges	pick up objects (chest to crown level)	LAQ	looking straight ahead with flexed neck
SAQ	uneven surface	lifting with back	Heel Raises	pick up object (floor to waist level)
dark	Clamshells	FREE	Wall Slides	1: ears
Unfirm surface	lying on stomach with excessive lumbar curvature	side lying with rotated upper body	Mini Squats	pick up objects (waist to chest level)
good posture	lifting with locked out knees	proprioception	pushing objects with flexed back and arms extended	Standing Hip Abduction

B	I	N	G	O
Heel Raises	lying on stomach with excessive lumbar curvature	Bridges	lifting with locked out knees	Clamshells
side lying with rotated upper body	dark	good posture	pushing objects with flexed back and arms extended	lifting with back
proprioception	Mini Squats	FREE	pick up objects (waist to chest level)	Unfirm surface
standing with locked out knees	pick up object (floor to waist level)	pick up objects (chest to crown level)	uneven surface	SAQ
Wall Slides	1: ears	looking straight ahead with flexed neck	LAQ	Standing Hip Abduction