

B	I	N	G	O
standing Shoulder Scaption	Unfirm surface	feet	pushing objects with flexed back and arms extended	mini Squats
cane	standing Shoulder Press	pick up object (floor to waist level)	aging process	pick up objects (waist to chest level)
standing Shoulder Flexion	walker	FREE	anti-gravity muscles	lifting with knocked knees
lifting with toes facing outward	standing Shoulder Abduction	lying on stomach with excessive lumbar curvature	forward rounded shoulders	pathologies
forward head	balance	pick up objects (chest to crown level)	wall Slides	eyes closed

B	I	N	G	O
walker	aging process	pushing objects with flexed back and arms extended	cane	pick up object (floor to waist level)
feet	wall Slides	mini Squats	balance	pick up objects (waist to chest level)
lifting with toes facing outward	anti-gravity muscles	FREE	lifting with knocked knees	Unfirm surface
forward rounded shoulders	pick up objects (chest to crown level)	standing Shoulder Scaption	eyes closed	standing Shoulder Abduction
lying on stomach with excessive lumbar curvature	pathologies	standing Shoulder Flexion	standing Shoulder Press	forward head

B	I	N	G	O
balance	pick up objects (chest to crown level)	aging process	pathologies	anti-gravity muscles
standing Shoulder Scaption	lifting with toes facing outward	lying on stomach with excessive lumbar curvature	standing Shoulder Press	mini Squats
standing Shoulder Flexion	eyes closed	FREE	standing Shoulder Abduction	forward rounded shoulders
walker	pick up objects (waist to chest level)	pushing objects with flexed back and arms extended	wall Slides	feet
lifting with knocked knees	Unfirm surface	pick up object (floor to waist level)	cane	forward head