B	I	N	G	O
stair training: up with bad/down with good*	Ankle Pumps	LAQ	pick up objects (chest to crown level)	feet too far in front of you with standing
Heel Raises	slide feet when walking	good posture	Bridges	pick up object (floor to waist level)
proprioception	standing with locked out knees	**FREE**	Clamshells	dark:
ears	pick up objects (waist to chest level)	engage core with bending/lifting/pushing	SAQ	forward head
Quad Set	Glute Set	lifting with straight legs	uneven surface	Heel Slides

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B	I	N	G	O
standing with locked out knees	Bridges	pick up objects (chest to crown level)	Heel Raises	good posture
LAQ	uneven surface	feet too far in front of you with standing	Glute Set	pick up object (floor to waist level)
ears	Clamshells	**FREE**	dark:	Ankle Pumps
SAQ	lifting with straight legs	stair training: up with bad/down with good*	Heel Slides	pick up objects (waist to chest level)
engage core with bending/lifting/pushing	forward head	proprioception	slide feet when walking	Quad Set

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B	I	N	G	O
Glute Set	lifting with straight legs	Bridges	forward head	Clamshells
stair training: up with bad/down with good*	ears	engage core with bending/lifting/pushing	slide feet when walking	feet too far in front of you with standing
proprioception	Heel Slides	**FREE**	pick up objects (waist to chest level)	SAQ
standing with locked out knees	pick up object (floor to waist level)	pick up objects (chest to crown level)	uneven surface	LAQ
dark:	Ankle Pumps	good posture	Heel Raises	Quad Set

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