

|                                                  |                                                              |                                       |                                     |                                  |
|--------------------------------------------------|--------------------------------------------------------------|---------------------------------------|-------------------------------------|----------------------------------|
| <b>B</b>                                         | <b>I</b>                                                     | <b>N</b>                              | <b>G</b>                            | <b>O</b>                         |
| pathologies                                      | Quadruped<br>Alternating<br>Arm Lift*                        | Thread<br>the<br>Needle at<br>Counter | lifting with<br>locked out<br>knees | feet                             |
| Sidelying<br>Shoulder<br>External<br>Rotation    | lying on<br>stomach with<br>excessive<br>lumbar<br>curvature | forward<br>head                       | Quadruped<br>Cat/Camel              | lifting with<br>knocked<br>knees |
| looking<br>straight<br>ahead with<br>flexed neck | side lying<br>with rotated<br>upper body                     | <b>FREE</b>                           | Scap<br>Squeezes                    | balance                          |
| cane                                             | lifting with<br>toes<br>facing<br>outward                    | eyes<br>closed                        | aging<br>process                    | flop down<br>when<br>sitting     |
| Unfirm<br>surface                                | Seated<br>Thoracic<br>Extension                              | forward<br>rounded<br>shoulders       | uneven<br>surface                   | Standing<br>Shoulder<br>Press    |

| <b>B</b>                                 | <b>I</b>                        | <b>N</b>                                         | <b>G</b>                                                     | <b>O</b>                                  |
|------------------------------------------|---------------------------------|--------------------------------------------------|--------------------------------------------------------------|-------------------------------------------|
| side lying<br>with rotated<br>upper body | Quadruped<br>Cat/Camel          | lifting with<br>locked out<br>knees              | Sidelying<br>Shoulder<br>External<br>Rotation                | forward<br>head                           |
| Thread<br>the<br>Needle at<br>Counter    | uneven<br>surface               | feet                                             | Seated<br>Thoracic<br>Extension                              | lifting with<br>knocked<br>knees          |
| cane                                     | Scap<br>Squeezes                | <b>FREE</b>                                      | balance                                                      | Quadruped<br>Alternating<br>Arm Lift*     |
| aging<br>process                         | forward<br>rounded<br>shoulders | pathologies                                      | Standing<br>Shoulder<br>Press                                | lifting with<br>toes<br>facing<br>outward |
| eyes<br>closed                           | flop down<br>when<br>sitting    | looking<br>straight<br>ahead with<br>flexed neck | lying on<br>stomach with<br>excessive<br>lumbar<br>curvature | Unfirm<br>surface                         |

|                                         |                                 |                               |                                                  |                              |
|-----------------------------------------|---------------------------------|-------------------------------|--------------------------------------------------|------------------------------|
| <b>B</b>                                | <b>I</b>                        | <b>N</b>                      | <b>G</b>                                         | <b>O</b>                     |
| Seated Thoracic Extension               | forward rounded shoulders       | Quadruped Cat/Camel           | flop down when sitting                           | Scap Squeezes                |
| pathologies                             | cane                            | eyes closed                   | lying on stomach with excessive lumbar curvature | feet                         |
| looking straight ahead with flexed neck | Standing Shoulder Press         | <b>FREE</b>                   | lifting with toes facing outward                 | aging process                |
| side lying with rotated upper body      | lifting with knocked knees      | lifting with locked out knees | uneven surface                                   | Thread the Needle at Counter |
| balance                                 | Quadruped Alternating Arm Lift* | forward head                  | Sidelying Shoulder External Rotation             | Unfirm surface               |