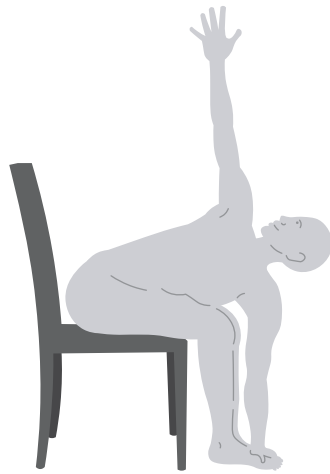


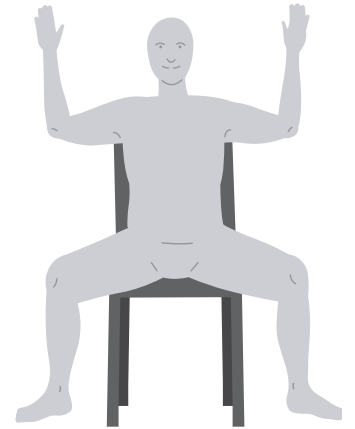
11) Turn Chair Sideways then Balance



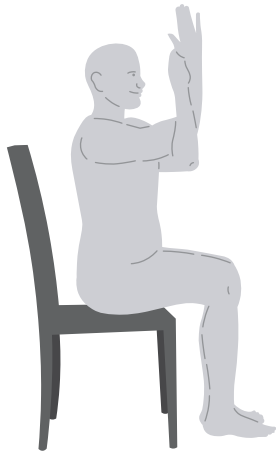
12)



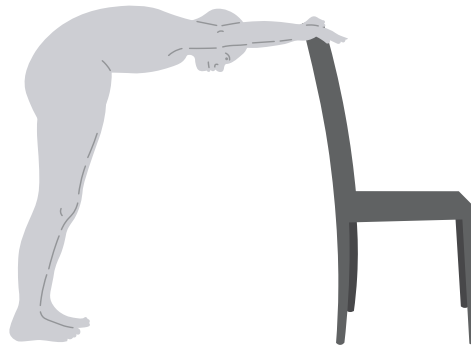
13)



14)



15)



16) Shoulders, Legs, and LATS



17)



18A)



18B)



19) Alt: Stand and Stretch Calf at the same time