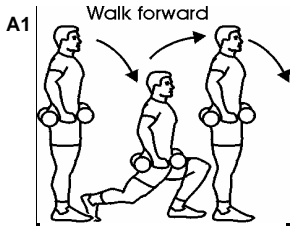
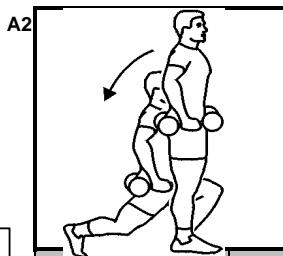


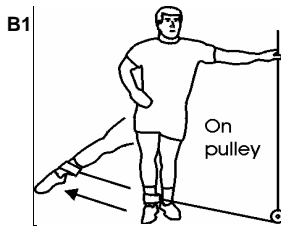
Name: _____ Program: _____ Consultant: _____



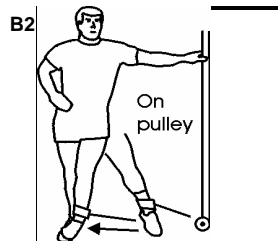
Walking Lunges
 1. This movement requires more coordination & balance.
 2. All points of joint angle and progression apply to this movement.



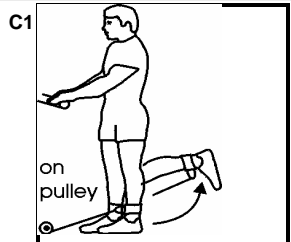
Reverse Lunge
 1. This movement requires more coordination & balance.
 2. example text.....



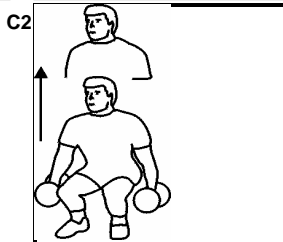
Abduction using Cable pulley-
 1. This movement requires more coordination & balance.
 2. example text.....
 3. example text.....



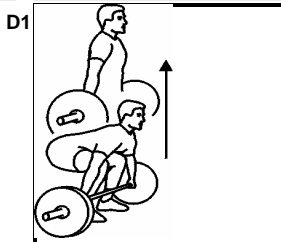
Adduction using Cable pulley-
 1. This movement requires more coordination & balance.
 2. example text.....
 3. example text.....



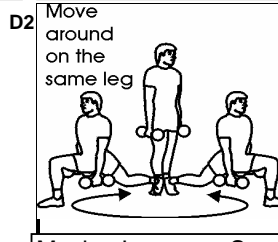
Knee Flexion using Cable pulley
 1. This movement requires more coordination & balance.
 2. example text.....
 3. example text.....



Dumbbell Squats
 1. This movement requires more coordination & balance.
 2. example text.....
 3. example text.....



Straight bar Dead Lifts
 1. This is an **advanced movement** for athletes and those training for sports.
 2. example text.....
 3. example text.....
 4. example text.....



Moving Lunge on Same leg (either straight line or in a circle)
 1. example text.....

Remark: