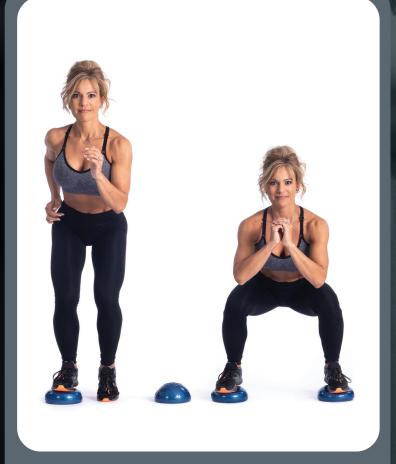
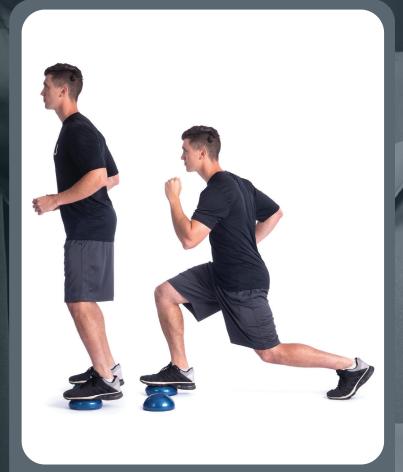
## R ®-

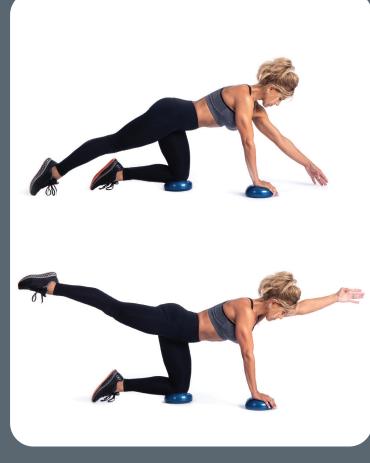
## BALANCE PODS WALL CHART



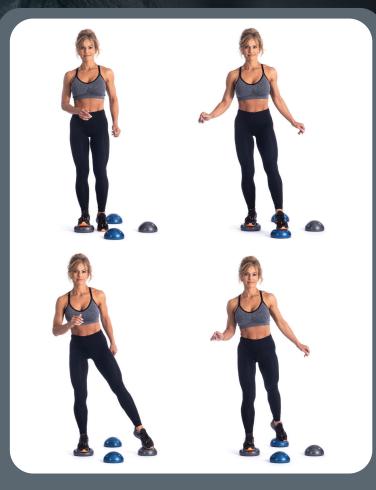
**SQUAT TOUCH DOWNS** 



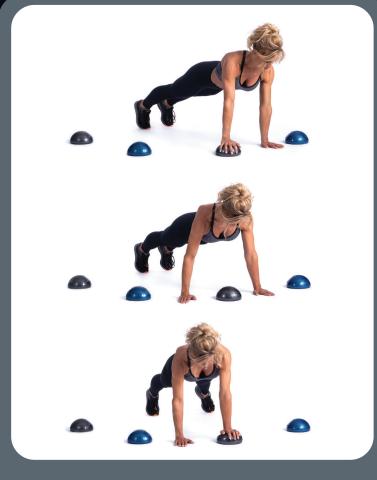
**ALTERNATING REAR LUNGE** 



**BALANCED BIRD DOG** 



**CLOCK TAPS** 



**PLANK HAND WALK** 



**PUSH-UP PLANK TAPS** 



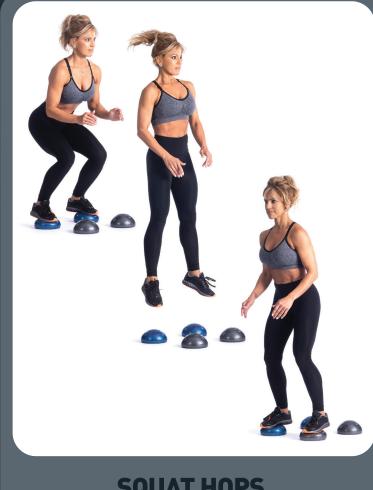
**BALANCE BRIDGE** 



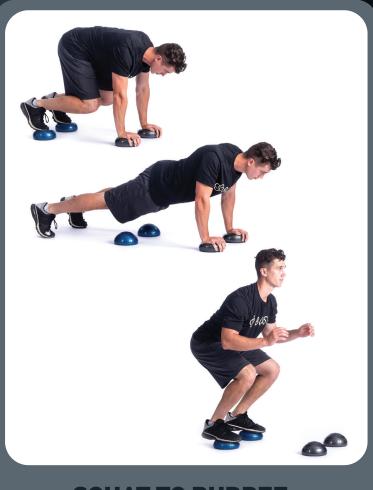
**FOREARM PLANK PRESS** 



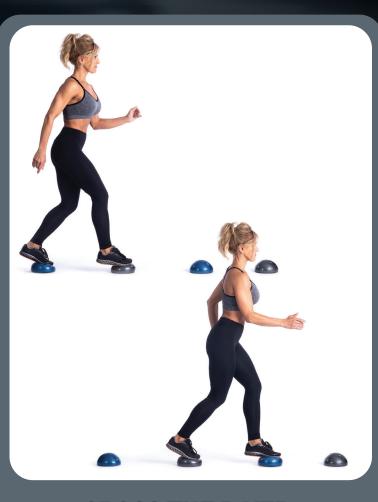
**PUSH-UP SIDE PLANK** 



**SQUAT HOPS** 



**SQUAT TO BURPEE** 



**CROSS THE RIVER**