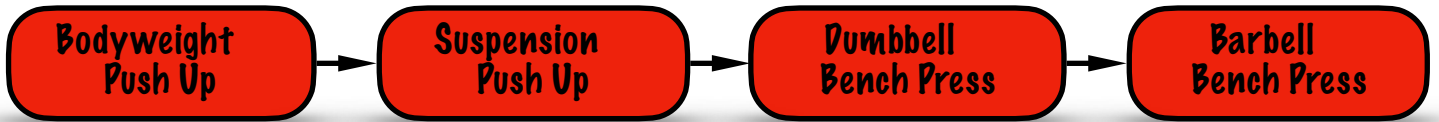
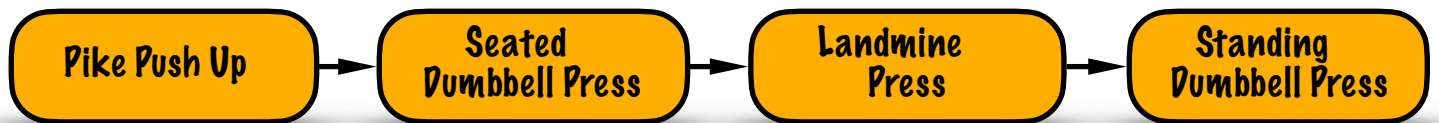


Basic Exercise Progressions

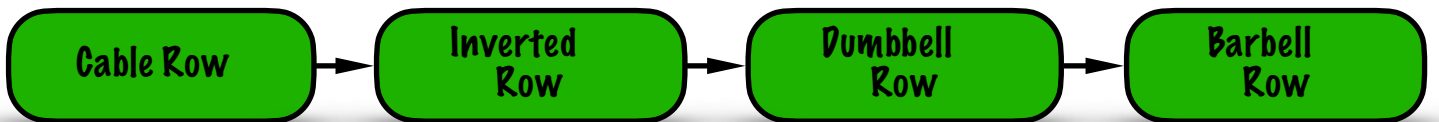
Horizontal Pushing Exercises



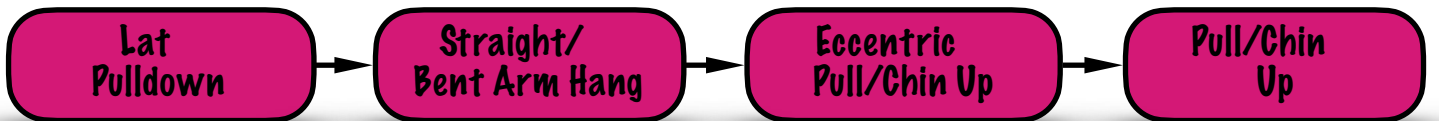
Vertical Pushing Exercises



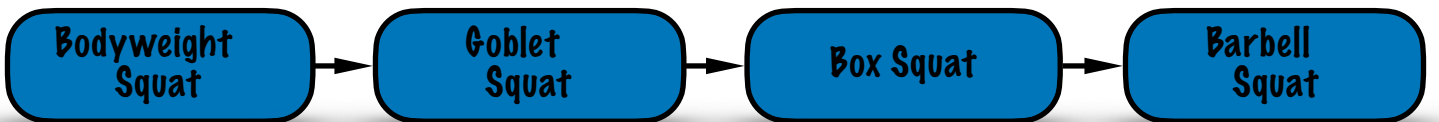
Horizontal Pulling Exercises



Vertical Pulling Exercises



Squatting Exercises



Hip Hinge Exercises

