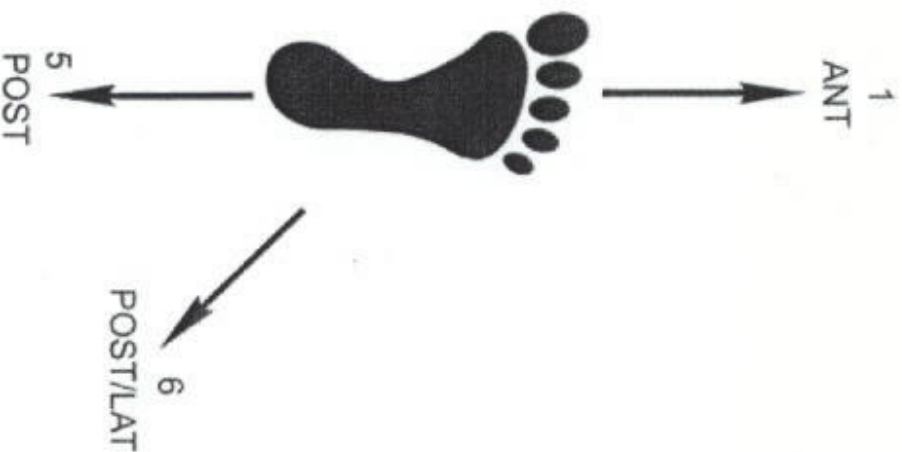
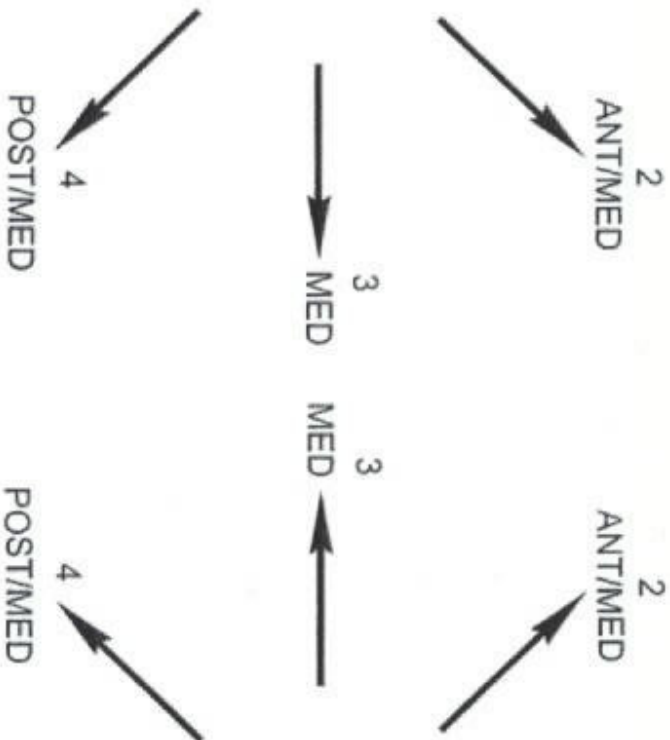
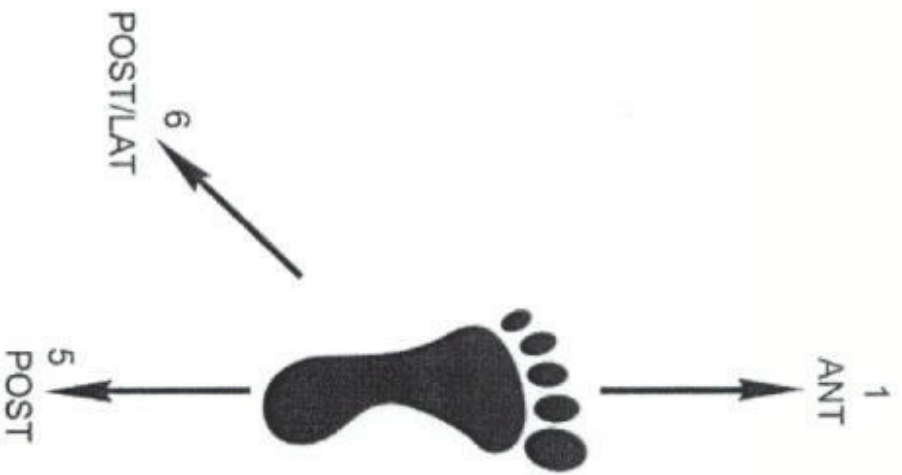


TT 553

Heel to Toe Mini Squat

Sagittal Plane 1-5
Transverse Plane 2-4-6
Frontal Plane 3

5 seconds
5 reps
3 planes



BALANCE VECTOR TRAINING