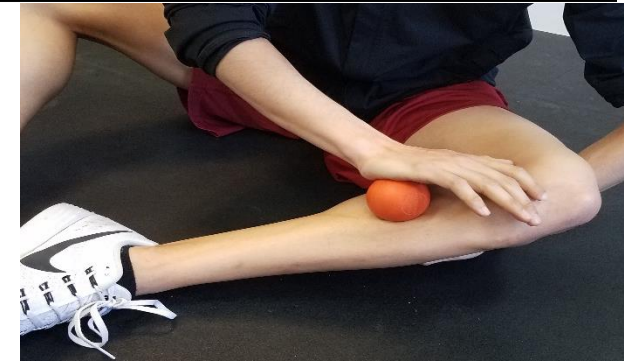


**PF
Smash**



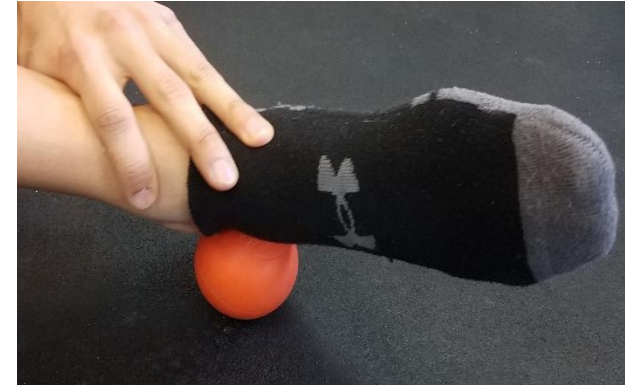
**Tib. Post
Press**



**PF
Press**



**ATFL
Smash**



**Toe
Stretch**



**Mid-foot
Smash**



Piriformis
Smash



Glute
Med.
Smash



Psoas
Smash



Popliteus
Smash



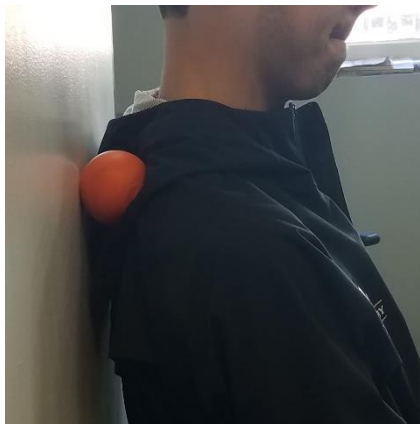
Ant. Hip
Smash



AG
Press



Trap.
Smash



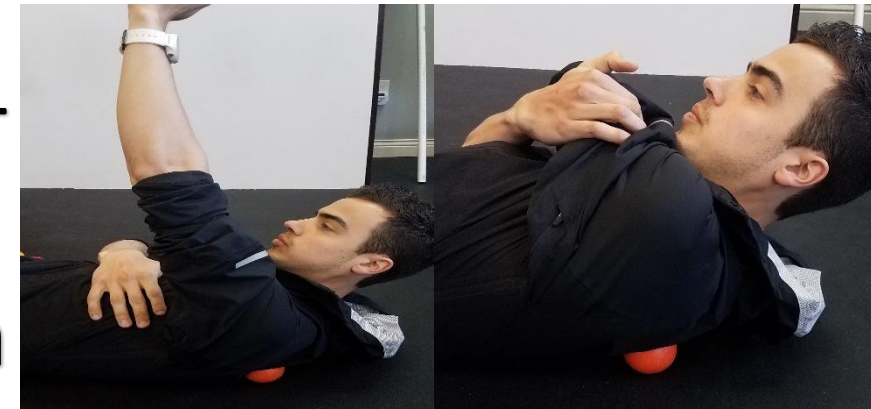
Pec.
Minor
Smash



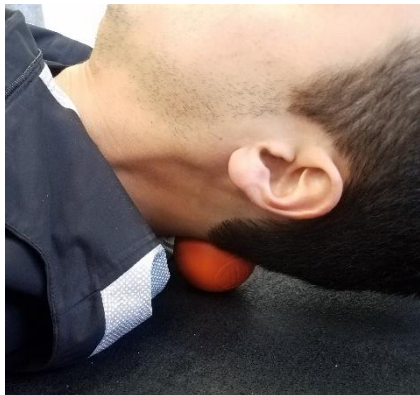
QL
Smash



Rhom-
boid
Smash



Sub
Occ.
Smash



Cuff
Smash



Medial
Forearm
Press



Lateral
Forearm
Smash



CT
Press



Medial
Forearm
Press



Thumb
Web
Press



Medial
Forearm
Smash

