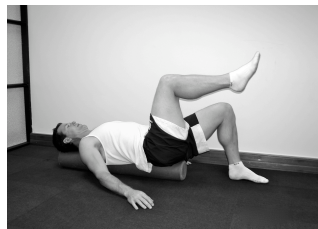
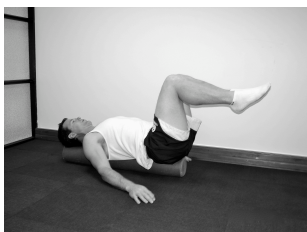


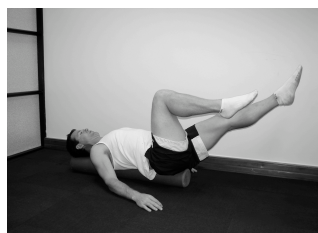
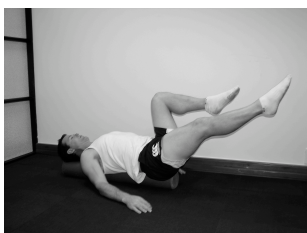
FOAM ROLLER CORE EXERCISES



LEG LIFTS



TOE TAPS



PROGRESSION

Notes:

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