BOSU® Mobility & Stability for the Active Aging

Purpose: Help your active aging clients: build functional strength, face their fear of falling with gait training, learn various ways to get up & down, move more efficiently through the entire kinetic chain, & ultimately make all of their daily movements easier to do! **Population**: Appropriate for this class should be "those who are current club members with class experience & appropriate biological & functional age to perform most of the abilities outlined here with effort, either on the floor or using the BBT."

1. INTRODUCTION: "SENESCENCE" AS A HETEROGENEOUS GROUP for AGE

- A. Chronological Age: years
- B. Functional Age: ability to perform ADLs
- C. Biological Age: physical functions. <u>Takeaway</u>: "People who exercise regularly with task-dependent exercises ("games") have lower biological ages than people of the same chronological age who do not exercise."
- D. Psychological Age: cognitive & self-efficacy age. <u>Takeaways</u>: "Aerobic & strength exercise improve cognitive functioning of this population when combined. Fitness classes can improve self-efficacy when designed using partners."
- 2. THEME, FORMAT, & SCOPE of WORKSHOP: To give to trainers & instructors of this population some Stability & Mobility "GAMES" (KINESTHETIC CHALLENGES & "drills") for improved Functionality, Reaction, Self-Efficacy, Fall Prevention, Coordination, Range of Motion, & overall <u>Self-Efficacy</u>. Fitness professionals are aware that differences in age, ability, & agility are common to this market, & new instructors to this market may have to relinquish a traditional desire to maintain constant class conformity. Mirroring clocks takes practice.

3. UNIQUE USES OF THE BOSU BALANCE TRAINER FOR THIS MARKET:

- A. Utilize the dome's circles.
- B. Train the Quadratus Lumborum stabilizer in both standing & floor postures
- C. Use the soft surfaces to make lunges accessible & comfortable
- D. Play games like "Hot & Cold," "Touch," "Sleeping Dog," & "Bubblewrap"
- E. Use the BBT's resistance & cushion to train the anterior tibialis
- F. Help us face the fear of falling with functional drills we call "games"
- G. Give this population at least 3 new ways to get up & down
- H. Let this population now exercise in a comfortable, head-supported supine position

4. PHYSICAL AWARENESS of COMMON ISSUES:

- A. <u>Musculoskeletal</u>: osteoarthritis(inflammation of joints due to wear & tear), osteoporosis (bone loss), gout, loss of muscle mass, fractures. <u>Takeaway</u>: longer warm-up time & joint manipulation up to 25% of class time, strengthen anterior tibialis muscles towards fall-prevention for active dorsiflexion (Rogers).
- B. <u>Neurologic</u>: dementia (Alzheimer or other types), Parkinson's disease, strokes, poor vision, hearing & balance impairment. Takeaway: fall prevention strategies & reaction exers.
- C. <u>Visual</u>: macular degeneration, glaucoma, cataracts, diabetes & hypertension, related eye diseases. Takeaway: visual drills, cueing where to look
- D. <u>Cardiovascular</u>: disease, heart attacks, congestive heart failure, irregular heart rhythm (atrial fibrillation), high blood pressure(hypertension), atherosclerosis (hardening & narrowing of blood vessels) & peripheral vascular disease or peripheral artery disease (poor blood flow as a result of narrow blood vessels)
- E. Hormonal: diabetes, menopause, thyroid issues, high blood chol., slower overall metabolism.

5. GENERAL CONSIDERATIONS

A. Longer Systemic warmup, especially for distal joints, & specific task preparation

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- B. Encourage slower spinal rotation, especially cervical
- C. Less Unsupported Cervical Flexion/Extension in Supine/Prone as in Dead Bug/Superman
- D. < 2 Consecutive Minutes on Knees
- E. Less Independent Time on BBT without Stepping Down
- F. Lower Music Volume < 70 decibels (Apps like "Decibel Ultra")
- G. Provide ample time for changing body positions; this is part of the workout experience
- H. Emphasize Pelvic Floor Connection & Balance throughout
- I. Hip Replacements: generally avoid "ballet turnout stance"

6. OUR SURFACES: THE FLOOR & THE BOSU BALANCE TRAINER

- A. Contact Points (C.P.)
- B. Visual & Vestibular Affect (V.A.)
- C. Movement
- D. External Stimulus:
- 7. BOSU® POSITIONS & EQUIPMENT: BOSU BALANCE TRAINER & inflation, SOFT-TOUCH BALL "STICKY" MAT, OPTIONAL CHAIR/FOAM ROLLER/BAR

8. BOSU® Yearbook Class Picture & MVP!

BOSU® STABILITY & MOBILITY FOR ACTIVE AGING

ALL MOVEMENTS OCCUR WITH BBT DOME SIDE UP

R=RIGHT, L=LEFT C.P.= CONTACT POINTS V.A.= VISUAL AFFECT BBT=BOSU BALANCE TRAINER STB=SOFT TOUCH BALL W/=WITH PROG.=PROGRESSION REG.=REGRESSION

[___]=MOVEMENTS GENERALLY WITHHELD DURING CONVENTION WORKSHOPS

WHERE MOVEMENTS & GAMES NOTES

	MEMORY GAME, ESTABLISHING "HOME"	PHONE #, GROCERIES,
		NAMES OF STUDENTS
"HOME"	1. SLOW SAGITTAL HEEL & TOE TAPS W/ARMS	IN THIS ORDER, PREPARING
BEHIND BOSU	2. SLOW FRONTAL HEEL & TOE TAPS	FOR BOSU;
	3. MARCHING TO DIFFERENT TIMES (12, 3, 6, 9)	PROG.: MANIPULATE
	4. HIP ROCKS & MARCHING "OUT AND IN"	ORDER & TEMPO
ACCLIMATION FOR THE BOSU	5. "ROCKING": SAGITTAL REACHES W/ARMS,	
	ANTERIOR TOES, & POSTERIOR HEEL LIFTING.	REG.: KEEP LEGS WIDE
	REPEAT OTHER SIDE (Jags, Woolley)	
	6. MARCHING W/VISUAL TRACKING ARMS (V.A.)	TRACK WITH FINGERS
	RHYTHMIC WARMUP DYNAMIC FLEXIBILITY:	
	7. FINGER/WRIST/ANKLE + SHOULDER WARMUPS	AWARENESS OF
	UNILATERAL & BILATERAL "BACKSTROKES"	INDIVIDUAL SHOULDER &
	8. BACK RHYTHMIC SAGITTAL MOVEMENTS	SPINE ISSUES
	9. BACK RHYTHMIC FRONTAL MOVEMENTS	
	10.BACK RHYTHMIC TRANSVERSE MOVEMENTS	
WALKING	"GAIT GAME:" WALK AROUND 2 BBTS & RETURN	CUE: "THE 2 ND BALANCE
MOBILITY	CUE: "YOU SHOULD LOOK BOTH DOWN & IN FRONT	TRAINER YOU WALK AROUND
	OF YOU" + MEMORY GAME	is always your own"
BEHIND BBT AT	ALTERNATING BETWEEN R & L FOR EACH:	USING ARMS AS NEEDED
"HOME"	1. KNEE RAISES/LIFTS; REG.: HEEL/TOE LIFTS	TEACH PELVIC FLOOR,
	2. 1 FOOT ON BBT FOR ANKLE/KNEE CIRCLES	TVA, & BREATHING

TOUCHES ALL OVER BBT DOME (C.P.) 4. "BUBBLE WRAP" TOE/FOOT PUSHES ALL OVER 8. INTO BBT DOME, AT "HOME" (Bernier) 5. "ROCKING": STAGGERED STANCE SAGITTAL REACHES W/ARMS & POSTERIOR HEEL LIFTING & LOWERING, W/ ANTERIOR FOOT ON BBT, 8-16 XS PER SIDE WALKING MOBILITY	BOSU® STABILITY & M	OBILITY FOR ACTIVE AGING	
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SAGITTAL PLANE ANYWHERE ON BBT BEHIND, IN FRONT, & WALKING AROUND BBT BBT: CALL OUT R OR L & TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME BEHIND BBT: CALL OUT R OR L & TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: R ANTERIOR TIBIALIS STRENGTHENING BEHIND TOP & RIM AT LEFT HEEL, HANDS W/ OR W/O ASSISTANCE AROUND BBT ON FLOOR: "BUBBLE WRAP" GAME: WALKING AROUND 360° IN ONE DIRECTION, PUSHING HEELS INTO BBT TO STRENGTHEN ANTERIOR TIBIALIS S. [REPEAT #3 & #4 OTHER LEG] AT L SIDE OF BBT INTO BBT, DEPRESS R HIP & ELEVATE L HIP 2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" PARTINER: BEHIND BBT AT "HOME," PROG.: REACTION GAME TO LEADER'S CUES: "MOVING PARTNER TRAINS MOBILITY & STABILIZING "IL IBOT TO DOWN!" ARMS IN FRONTAL PLANE FOR ASSISTANCE AS AN "AIRPLANE" REG.: DO SAME FROM FLOOR. CUE: "TY TO SWITCH LEGS" MOVING PARTNER TRAINS MOBILITY & STABILIZING	BEHIND BBT AT	1. HEEL PRESSES ONTO BBT NEAR RIM AT 6:0	TRY TO LEAN INTO BBT
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FRONT, & WALKING AROUND BBT 2. IN FRONT OF BBT: "CLOCK" GAME 3. IN FRONT OF BBT: R ANTERIOR TIBIALIS STRENGTHENING BEHIND TOP & RIM AT LEFT HEEL, HANDS W/ OR W/O ASSISTANCE 4. AROUND BBT ON FLOOR: "BUBBLE WRAP" GAME: WALKING AROUND 360° IN ONE DIRECTION, PUSHING HEELS INTO BBT TO STRENGTHEN ANTERIOR TIBIALIS 5. [REPEAT #3 & #4 OTHER LEG] AT L SIDE OF BBT 1. L FOOT ON FLOOR & R ON BBT: PUSHING INTO BBT, DEPRESS R HIP & ELEVATE L HIP 2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" PARTINER: BEHIND BBT AT "HOME," FACING PARTNER ON FOOT LIP" & "IL/P FOOT DOWN!" 1. ILIGHT COMPRESSIONS UP & DOWN WO PARTNER TRAINS MOBILITY & STABILIZING TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT "R OR L "IIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT "R OR L "IIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT "R OR L "IIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "IIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "IIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "IIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R OR L "CLOCK" GAME IN FRONT OF BBT: CALL OUT R'OR L", & TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK GAME IN FRONT OF BBT: CALL OUT R'OR L", & TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK" GAME IN FRONT OF BBT: CALL OUT R'OR L", & TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK GAME IN FRONT OF BBT: CALL OUT R'OR L", & TIME 3-4-5-6-7-8-9 O'CLOCK "CLOCK GAME IN FRONT OF BBT: CALL OUT R'OR L",	DELIINID INI		"CLOCK" CAME BELIND
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LEFT HEEL, HANDS W/ OR W/O ASSISTANCE 4. AROUND BBT ON FLOOR: "BUBBLE WRAP" GAME: WALKING AROUND 360° IN ONE DIRECTION, PUSHING HEELS INTO BBT TO STRENGTHEN ANTERIOR TIBIALIS 5. [REPEAT #3 & #4 OTHER LEG] AT L SIDE OF BBT 1. L FOOT ON FLOOR & R ON BBT: PUSHING INTO BBT, DEPRESS R HIP & ELEVATE L HIP 2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" PARTNER: BEHIND BBT AT "HOME," FACING PARTNER ON "LIEGT COMPRESSIONS UP & DOWN W/ PARTNER IN FRONT OFFERING ARMS. CUE: "MARCH UP FOR A BIT/DOWN FOR A BIT" PROG.: REACTION GAME TO LEADER'S CUES: "L'R TIME 9-10-11-12-1-2-3 O'CLOCK. REG.: JUST STEP BACK TO "12" & RETURN ARMS IN FRONTAL PLANE FOR ASSISTANCE AS AN "AIRPLANE" "AIRPLANE" [REPEAT 1-5 OTHER SIDE] MEMORY GAME TO PARTNER FLOOR. CUE: "TRY TO SWITCH LEGS" MOVING PARTNER TRAINS MOBILITY & STABILIZING	AROUND BBI	3. IN FRONT OF BBT: R ANTERIOR TIBIALIS	O'CLOCK
4. AROUND BBT ON FLOOR: "BUBBLE WRAP" GAME: WALKING AROUND 360° IN ONE DIRECTION, PUSHING HEELS INTO BBT TO STRENGTHEN ANTERIOR TIBIALIS 5. [REPEAT #3 & #4 OTHER LEG] AT L SIDE OF BBT INTO BBT, DEPRESS R HIP & ELEVATE L HIP 2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" PARTNER: BEHIND BBT AT "HOME," FACING PARTNER ON "LIGHT COMPRESSIONS UP & DOWN "FACING PARTNER ON "LIGHT COMPRESSIONS OF A BIT" MOVING PARTNER TRAINS MOBILITY & STABILIZING		STRENGTHENING BEHIND TOP & RIM AT	
4. AROUND BBT ON FLOOR: "BUBBLE WRAP" GAME: WALKING AROUND 360° IN ONE DIRECTION, PUSHING HEELS INTO BBT TO STRENGTHEN ANTERIOR TIBIALIS 5. [REPEAT #3 & #4 OTHER LEG] AT L SIDE OF BBT INTO BBT, DEPRESS R HIP & ELEVATE L HIP 2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" PARTNER: BEHIND BBT AT "HOME," FACING PARTNER ON 4. AROUND BBT ON FLOOR: "BUBBLE WRAP" CJE: "MARCH UP FOR A BIT/DOWN FOR A BIT" MOVING PARTNER TRAINS MOBILITY & STABILIZING		LEFT HEEL, HANDS W/ OR W/O ASSISTANCE	"CLOCK" GAME IN FRONT
GAME: WALKING AROUND 360° IN ONE DIRECTION, PUSHING HEELS INTO BBT TO STRENGTHEN ANTERIOR TIBIALIS 5. [REPEAT #3 & #4 OTHER LEG] AT L SIDE OF BBT 1. L FOOT ON FLOOR & R ON BBT: PUSHING INTO BBT, DEPRESS R HIP & ELEVATE L HIP 2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" PARTNER: BEHIND BBT AT "HOME," FACING PARTNER ON "I LIGHT COMPRESSIONS UP & DOWN "I PROG.: REACTION GAME TO LEADER'S CUES: "I LIP & STABILIZING L." & TIME 9-10-11-12-1-2-3 O'CLOCK. REG.: JUST STEP BACK TO "12" & RETURN ARMS IN FRONTAL PLANE FOR ASSISTANCE AS AN "AIRPLANE" [REPEAT 1-5 OTHER SIDE] MEMORY GAME TO PARTNER FLOOR. CUE: "TRY TO SWITCH LEGS" MOVING PARTNER TRAINS MOBILITY & STABILIZING			OF BBT: CALL OUT "R OR
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2. R LEG SIDE STEPS ON & OFF "SQUATS" 3. L FOOT ON FLOOR & R ON BBT: OPPOSITE HIP ACTION: ELEVATE R HIP & DEPRESS L HIP 4. "CATCH YOURSELF" GAME IN FRONTAL PLANE 5. STANDING BEHIND BBT FOR "BACKSTROKES" "GAIT" GAME & FIND A PARTINER PARTINER NAMES "A" AND "1" PARTINER: BEHIND BBT AT "HOME," FACING PARTINER ON 2. R LEG SIDE STEPS ON & OFF "SQUATS" "AIRPLANE" "AIRPLA	<u>BBT</u>	INTO BBT, DEPRESS R HIP & ELEVATE L HIP	FOR ASSISTANCE AS AN
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PARTNER ON PROG.: REACTION GAME TO LEADER'S CUES: MOVING PARTNER TRAINS MOBILITY & STABILIZING	"HOME,"		SWITCH LEGS"
PARTNER ON "L/P FOOT LIP" & "L/P FOOT DOWN!" MOBILITY & STABILIZING	FACING	-	MOVING PARTNER TRAINS
	PARTNER ON		
OTHER SIDE , The state of the s	OTHER SIDE	"L/K FOOT UP" & "L/K FOOT DOWN"	

	OBILITY FOR ACTIVE AGING	
OF BBT	2. [CHANGE PARTNER ROLES]	PARTNER TRAINS STABILITY
	"GAIT" GAME: WALK AROUND 2 BBTS & RETURN REACTING TO	CUE: "FREEZE" & "WALK"
D A DTNIED.	"FREEZE" CUE & FIND A NEW PARTNER	MEMORY GAME TO PARTNER CUES: "MARCH UP & TAP
<u>PARTNER</u> : TOP OF BBT	1. LIGHT COMPRESSIONS ON TOP, "TAPPING"	DOWN, CHANGING LEGS"
	DOWN WITH ALTERNATING LEG	REG.: KEEP ENTIRE SERIES ON
	PROG: REACTION GAME TO CUES: "TAP L/R"	THE FLOOR
	2. [CHANGE PARTNER ROLES]	THE TEST OF
	RETURN TO INDIVIDUAL WORK	
STANDING TO	1. (BEHIND BBT) REACHING ARMS FORWARD TO	USE ASSISTIVE DEVICE AS
BBT/FLOOR	BBT SURFACE & KNEEL; PUSH UP	NECESSARY
MOBILITY	2. (IN FRONT OF BBT) SITTING/SQUATTING, TURN	
	3. (BEHIND BBT) KNEELING ONTO BBT; BOUNCING	
KNEELING	1. "70-30" FOR "KNEEL TAPS" TO BBT SURFACE	PROG.: TOES OFF OF
STABILITY &	2. "50-50" LEG WEIGHT BEARING TRACKING L & R	FLOOR
MOBILITY ON	3. KNEELING "BOWING" HINGES	REG: STAY STANDING
BBT	4. QUADRUPED HAND "BUBBLEWRAP" GAME	*MINIMIZE KNEE TIME
<u></u>	YOGA MAT FOLDED ½ IN FRONT OF BBT—	BALL SQUEEZES FOR ARTHRITIS
LUNGING TO	1. L FOOT FORWARD, STAGGERED STANCE	PROG.: ROTATION.
side-sitting	"LUNGES," LOWERING R KNEE NEAR/ONTO BBT	USE UPPER BODY TO SUPPORT
AT L/R SIDE OF	2. "R HIP ROCKS" FROM WARMUP, PRESSING	ON THE STB/BBT/FLOOR AS
BBT	INFERIOR HIP INTO BBT & RELEASE	NECESSARY & APPROPRIATE
	3. SIDE-LYING SUPERIOR LEG EXTERNAL/INTERNAL	AFTER #3, TURN AROUND ON
	ROTATION. PROG.: SUPERIOR LEG ABDUCTION	BBT OR STAND & REPEAT
	4. 5. 6. [REPEAT #1,#2, #3]	
PRONE	OPTIONAL PRONE ASSISTED SPINAL EXTENSION	OMIT FOR OSTEOPOROSIS
STABILITY	W/ ELBOWS OR HANDS ON FLOOR	
SITTING	1. VISUAL TRACKING R & L SIDE HOLDING STB (V.A.)	USING STB AS ABLE.
ON BBT	2. HIP OPENERS: BUTTERFLY ADDUCTOR WORK	SUPINATED GRIP.
SUPINE/	1. W/ STB: ALTERNATING ELBOW FLEXIONS	STB BETWEEN KNEES AS
INCLINE ON	2. W/ STB: OVERHEAD LAT PULLS	APPROPRIATE
MAT & BBT	3. SLOW SPINAL FLEXIONS W/HANDS	, <u>-</u>
•		REG.: WITHOUT STB
CHDINE	4. TRICEP PRESSES FLOOR	#Cin oils la substitute a
SUPINE BRIDGE W/	1. BILATERAL BRIDGES, HANDS INTO FLOOR	"Single leg bridges
HEAD ON BBT	2. TOE RAISES/CALF RAISES, COMBINING	dramatically can improve stability of the ankle, knee,
TOP & FEET	3. ALTERNATING UNILATERAL BRIDGES (REG.:	& hip complex & reduce
ON	DORSIFLEX OR PLANTARFLEX)	falls" (Shoenfelder)
FLOOR/MAT	4. CHEST STRETCH, EXTENSION, & BREATHING	,
	5. T'AI CHI MOVEMENT BEFORE STANDING	
	SLOWLY TRANSITION TO STANDING	
BEHIND BBT AT	1. FLYING BIRD 2. PAINTING THE WALL 3. WILLOW	
"HOME"	TREE 4. WISE OWL TURNS 5. GALLOPING HORSE	
STRETCHES	ANTERIOR TIBIALIS, QL, & MAJOR MUSCLES	(Bernier, Jags)

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