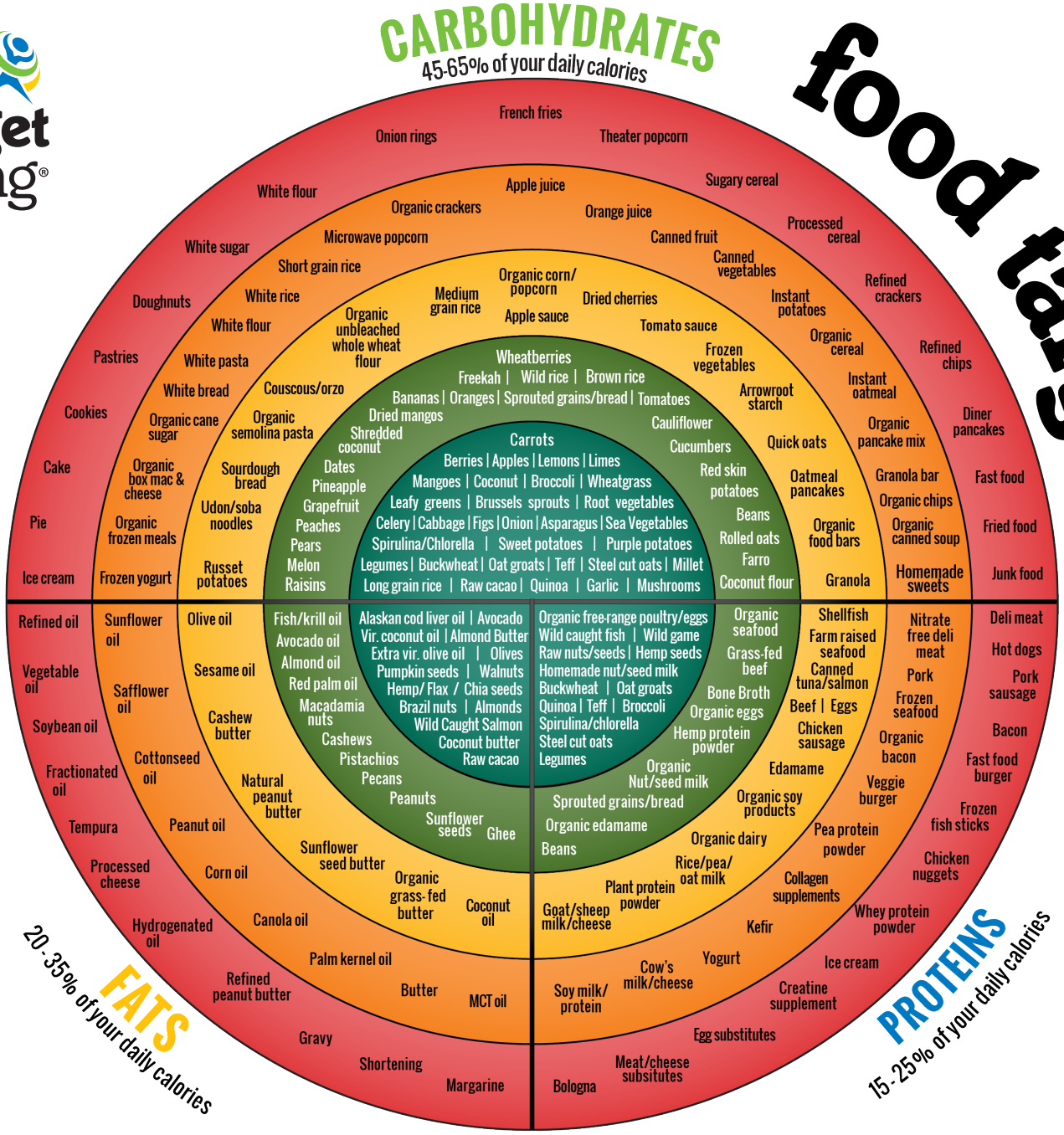
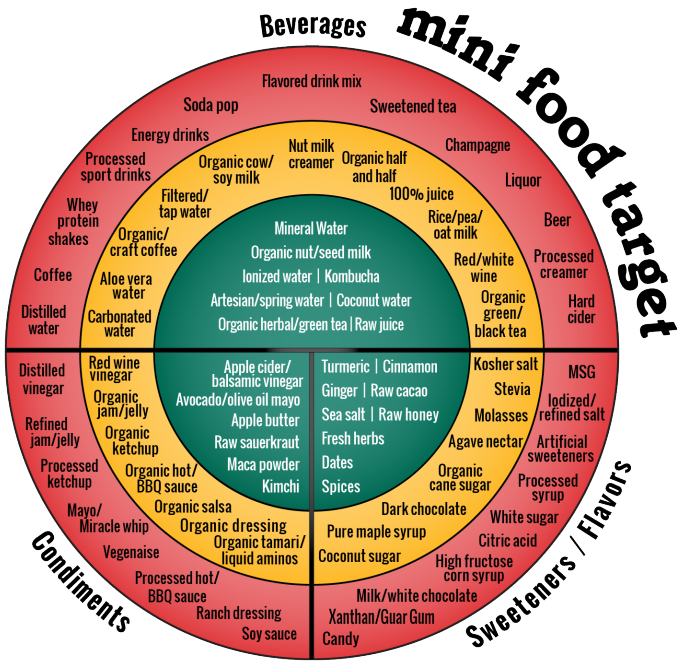
on target living®

food target



mini food target



- Best
- Better
- Good
- Fair
- Poor

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#foodtarget

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DYNAMIC WARM-UP

1. Arm Swings

2. Neck Stretch (Rotation)

3. Neck Stretch (Side to Side)

4. Flexion/Extension

5. Side Bend

6. Trunk Twists

7. Front Leg Swings

8. Side Leg Swings

FOUNDATION EXERCISES

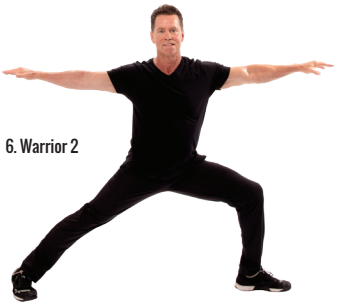
1. Squat

2. Straight-Leg Lunge

3. Warrior 3

4. Half Moon

5. Warrior 1


6. Warrior 2

7. Reverse Warrior

8. Extended Angle

9. Spread Eagle

10. Dancer

11. Standing Downward Dog

12. Standing Upward Dog

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