



ACUMOBILITY FLOSS BANDS

Quad Couch Stretch



Squats



Internal Rotations of the Foot



Mountain Climbers



Biceps Floss Push-ups



Biceps Floss Planks



Biceps Floss side Plank w/ rotations



Arm Floss w/ arm stretches



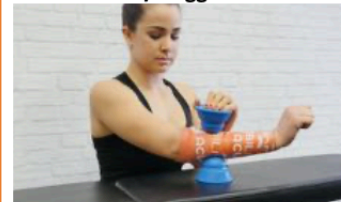
Arm Floss with Push-ups



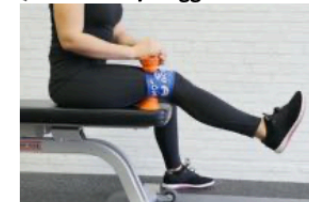
Biceps Floss w/ Trigger Point Work



Arm Floss w/ Trigger Point Work



Quad Floss w/ Trigger Point Work



Quad Floss w/ Trig Point Work #2



Quad Floss w/ Trig Point Work #3



Tib Ant Floss w/ Trig Point Work



Calf Floss w/ Trig Point Work

