

DROM

DYNAMIC RANGE OF MOTION

15 Reps Each

1. Neck Side to Side



2. Neck front to back



3. Rotator Cuff



4. Chest



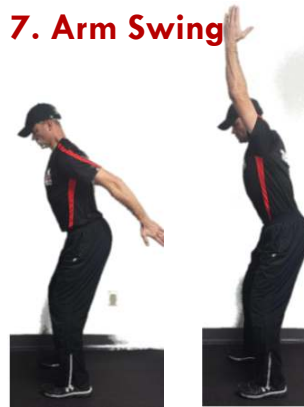
5. Torso Twist



6. Shoulder Rotation
(Stir the Pot)



7. Arm Swing



8. Hip Hinge



9. Leg Swing

