

Therapy

T U P E C I R T K F C H S U P J L
 I S B H S S S C I T O A W M G S E
 S I E O C U E N L K R R S R H I F
 P A P F I N G R D H N M Q A A D T
 D C U O D E U G Z F E S U E M E T
 D E K F R C F O O T R X A R S T O
 N L O S G Z S L L I P E D O T O R
 A B O E Y Y E N A S P I H F R S I
 T O L O R I O W O W B B Z U I I G
 S W G Q O U T O S R A V B V N D H
 O F O R W A R D H I C T G I G E T
 K Q Z I P K J K O S K E A O C A R
 N K B A C T A O U T W L F K T E W
 E B K A X W W O L N A K A U J R P
 E T B T Q I G L D L R N G U R Q M
 K W X A C S M Z E P D A H C N U P
 G B M E P T N R R K S S P I N E C

Left to right	side to side	Hamstring	backwards	Look down	Shoulder
leg curl	Forearm	Fingers	forward	look up	Tricep
Corner	Bicep	Elbow	Spine	Ankle	Wrist
twist	punch	Stand	Head	Back	Knee
Toes	Foot	Arms	neck	Quad	pill
Push	Hip	row	sit		