
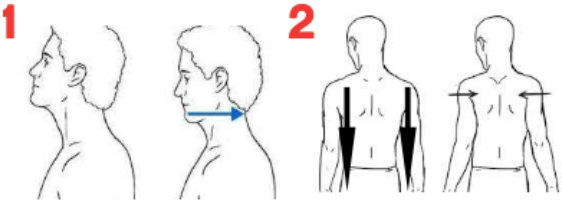

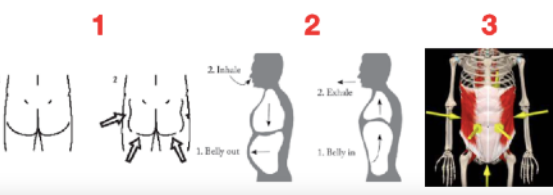
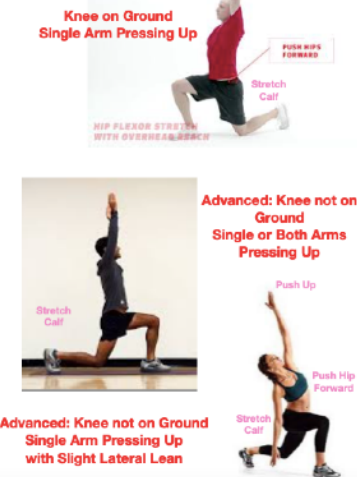


	Written/ Pictures	Videos
	<p><b><u>Strike It Program</u></b></p>	<p>4 Positions: Do throughout the day one to several times. Hold just a few seconds</p>
<p><b>1. Squeeze and Lean Back</b></p>	<p><b>Neck and Upper Back Squeeze and Lean Back</b></p> 	<p><b><u>Video: Squeeze and Lean Back</u></b></p>
<p><b>2. Hands Interlaced Overhead Press</b></p>	<p><b>Hands Interlaced Overhead Press</b></p>  <p>Do 1-7 in order and hold all positions (20%+contraction) for several seconds several times a day.</p> <ol style="list-style-type: none"> <li>1. Extend arms overhead with fingers intertwined with palms up</li> <li>2. Press hands to Sky</li> <li>3. Sternum Lift</li> <li>4. Glute Squeezes</li> <li>5. Then take a deep breathe in through nose and then exhale slowly through your mouth</li> </ol>	<p><b><u>Video: Overhead Press</u></b></p>
<p><b>3. Mid-Section Core: Draw in and Brace Abdomen and Buttocks</b></p>		<p><b><u>Video: Core</u></b></p>
<p><b>4. Lunge Reaching Up</b></p>	 <p><b>Knee on Ground Single Arm Pressing Up</b></p> <p><b>Advanced: Knee not on Ground Single Arm Pressing Up with Slight Lateral Lean</b></p>	<p><b><u>Video: Lunge</u></b></p>