

Fitness Training Program Checklist



<input type="checkbox"/>	Squats
<input type="checkbox"/>	Lunges
<input type="checkbox"/>	Hip Hinge and Lifting
<input type="checkbox"/>	Pushing
<input type="checkbox"/>	Pulling
<input type="checkbox"/>	Loaded Carries
<input type="checkbox"/>	Diaphragm Breathing
<input type="checkbox"/>	Specific Exercises For Your Condition
<input type="checkbox"/>	Additional High Value Exercises:
	Kettlebell Swing
	Turkish Get-up