

Against the Wall:

90 Degrees

-Front

-Side

Standing Curls

Side Bend

Zip Up

Shaving

Chest Expansion

Small Circles/Sparklers

Standing Without Wall

90 Degrees

-Front

-Side

Standing Curls

Side Bend

Zip Up

Shaving

Chest Expansion

Small Circles/Sparklers

Standing Without Wall

90 Degrees

-Front

-Side

Standing Curls

Boxing

Side Bends

Bug

Zip Up

Shaving

Low Curls

Chest Expansion

Small Circles/Sparklers

Fencing