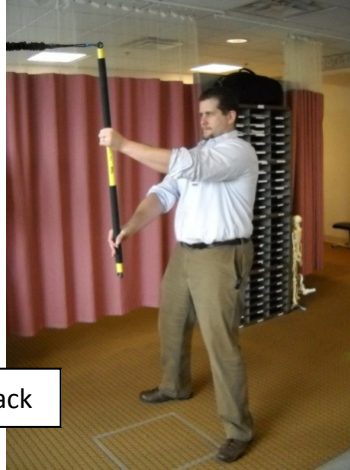


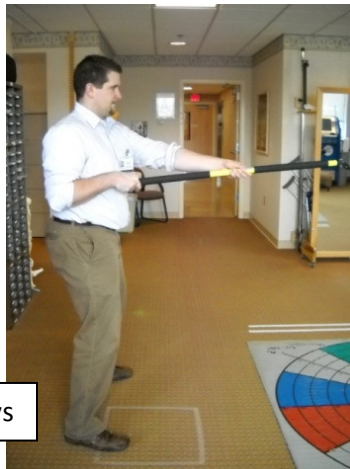
Rip Trainer: DYNAMIC STABILITY



1. Sagittal: Step Back



2. Sagittal: Step



3. Frontal: Step Sideways



4. Transverse: Step FWD

Comments _____



5. Squat with Overhead Pull



6. Squat with Overhead Push

Comments _____