

Plyometric, Stabilization, Adv Func Ex Kit

Tip Card

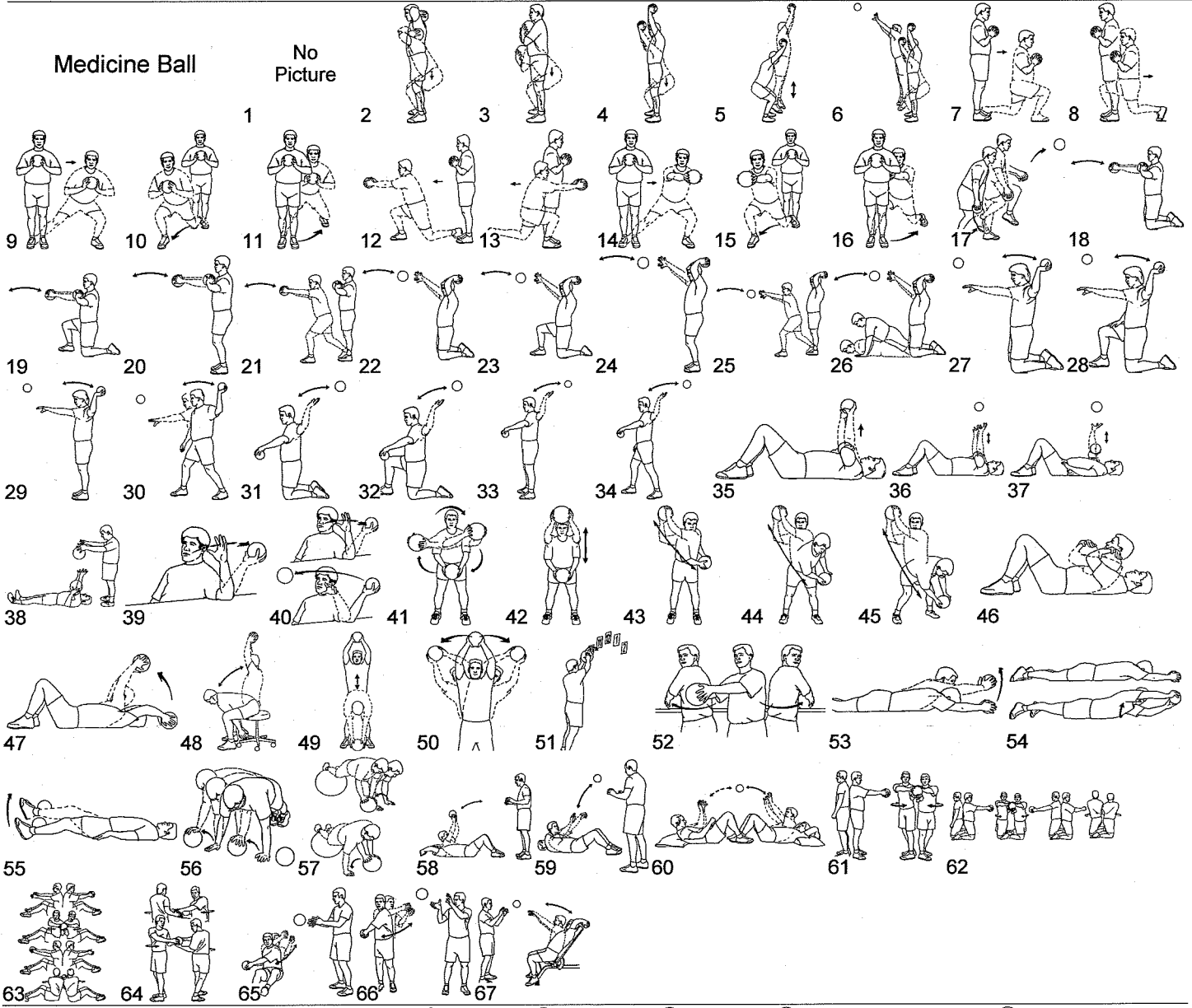
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Medicine Ball

No Picture

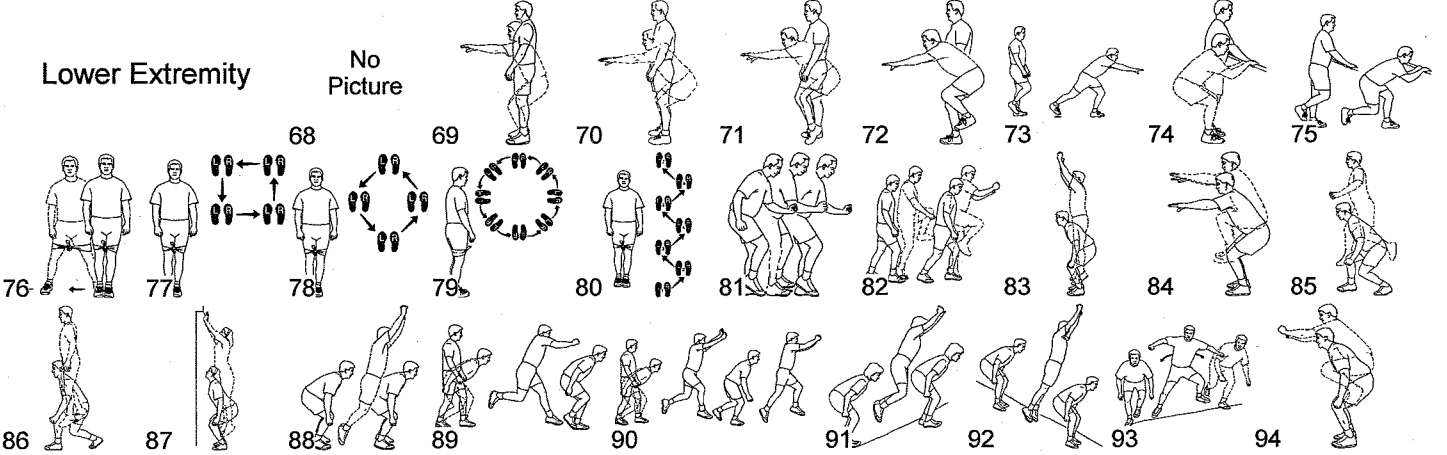
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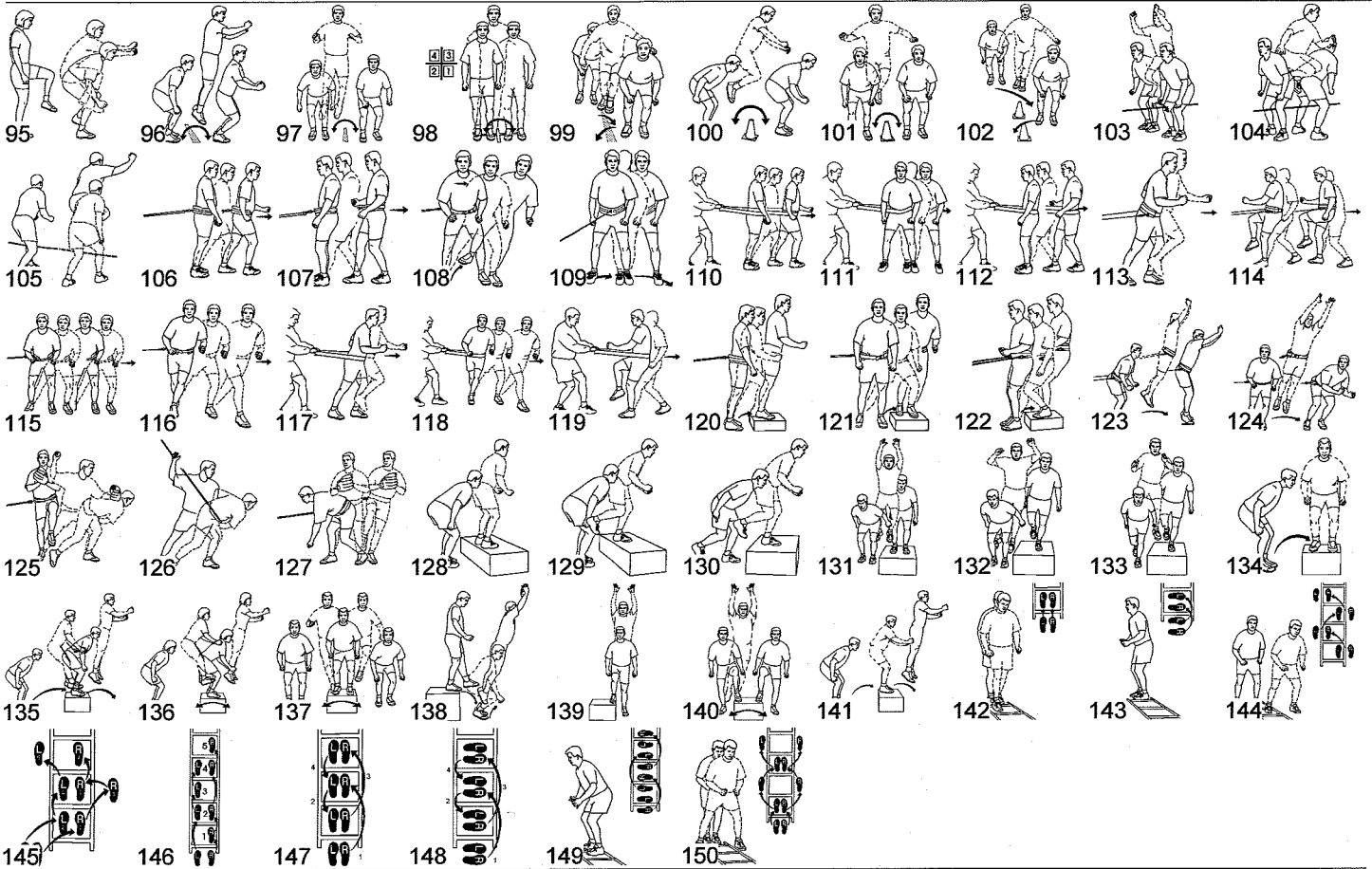
Lower Extremity

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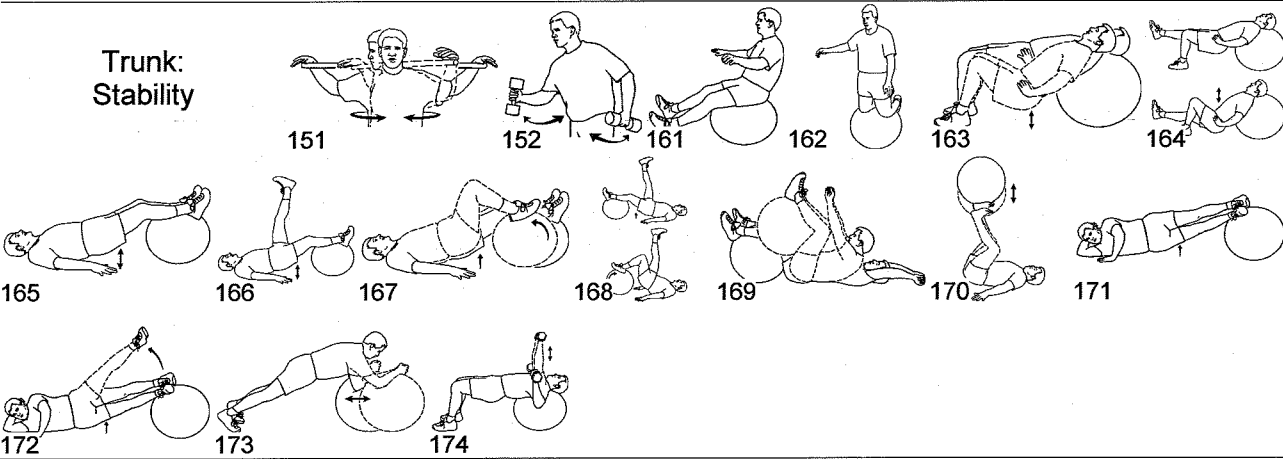
68



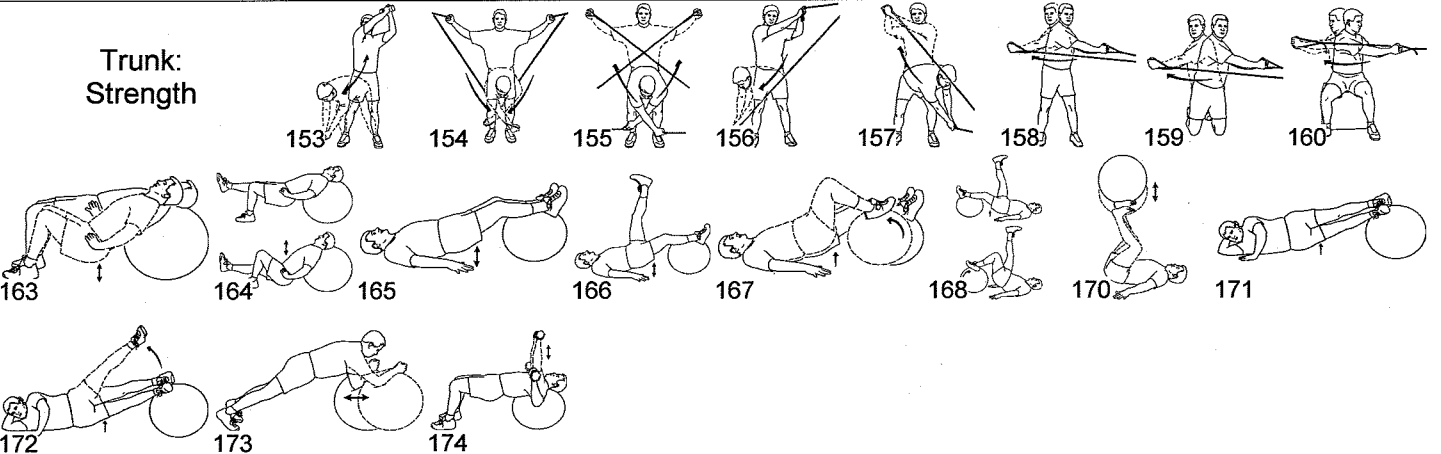
Plyometric, Stabilization, Adv Func Ex Kit



Trunk: Stability



Trunk: Strength



Plyometric, Stabilization, Adv Func Ex Kit

Upper Extremity

No
Picture

