

- ▶ Muscular Health
- ▶ Bone Density
- ▶ Joint Tracking
- ▶ Metabolism

STORK WALK



1

UP TO 20X

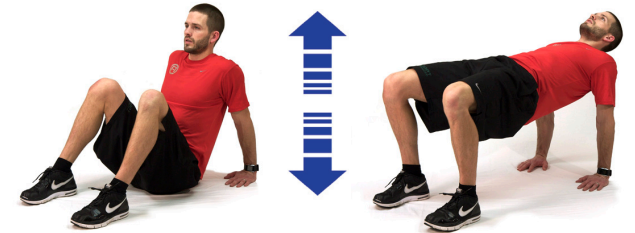
DRAGON PUSH-UP



2

UP TO 20X

ACTIVE TURTLE BRIDGE



3

UP TO 20X

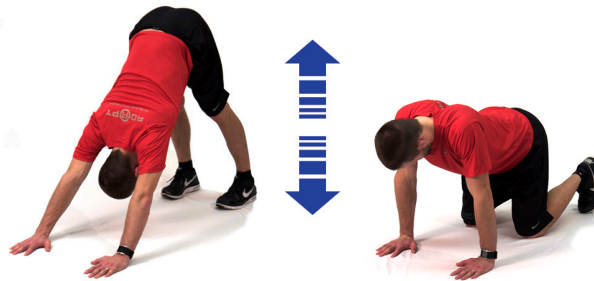
GORILLA GLIDE



4

UP TO 20X

DOWNWARD DOG SQUAT



5

UP TO 20X

ELEPHANT LUNGE



6

UP TO 20X