



# THE RIGHT MOVES

Coach Rozy Performance Training

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## MOVEMENT TIPS TO REMEMBER:



**WRIST**



**BACK**



**SHOULDERS**



**HIP/LEGS**



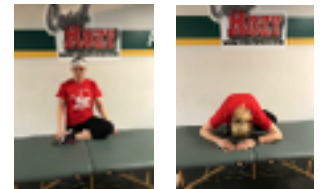
**ELBOW CIRCLES**



**90 DEG. HIP W/ROTATION**



**CORNER CHEST**



**90 DEGREE TABLE**



**BAND "W"s**



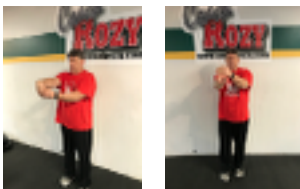
**"T" TO TOE GRAB**



**WALL PRESS**



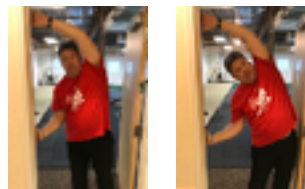
**KNEEL TOE GRAB**



**4 DIRECTION WRIST**



**BAND WALKS**



**DOOR OVER REACH**



**CRADLE/FIGURE 4**



**BAND CLOCK WALKS**



**OH FARMER WALK**



**WALL SLIDES**



**HAMSTRING/TOE GRAB**