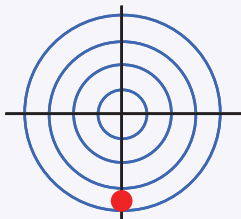
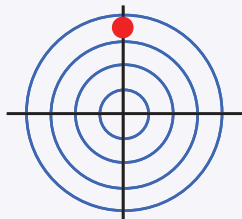


BASIC MOVEMENTS

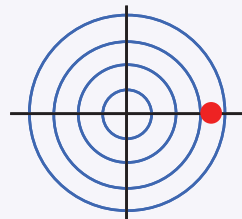
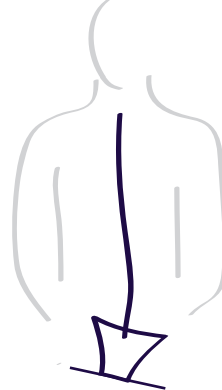
RETROFLEXION hip



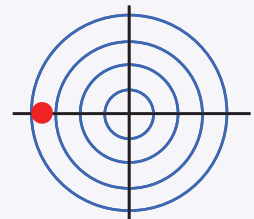
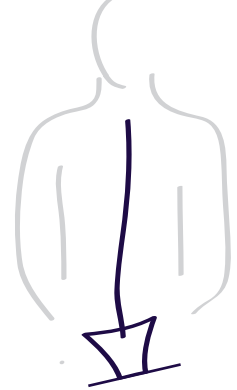
ANTEFLEXION hip



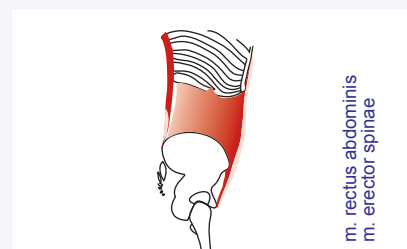
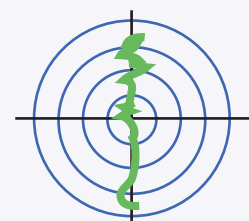
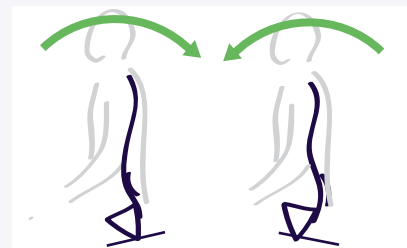
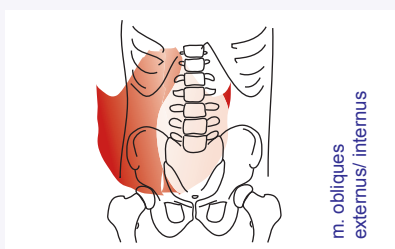
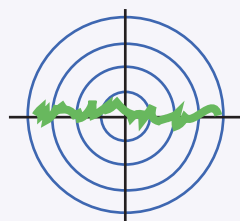
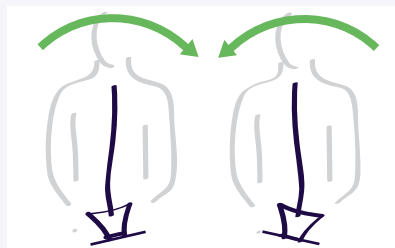
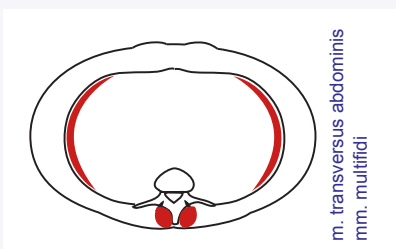
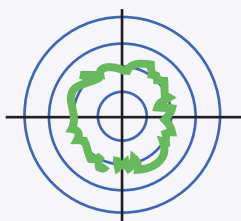
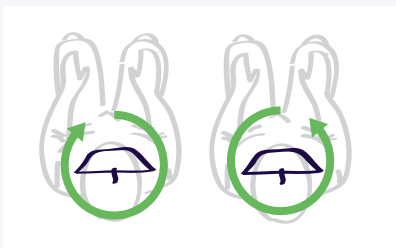
LATEROFLEXION right



LATEROFLEXION left



MOBILITY CORE & HIPS | Range Settings 20 °



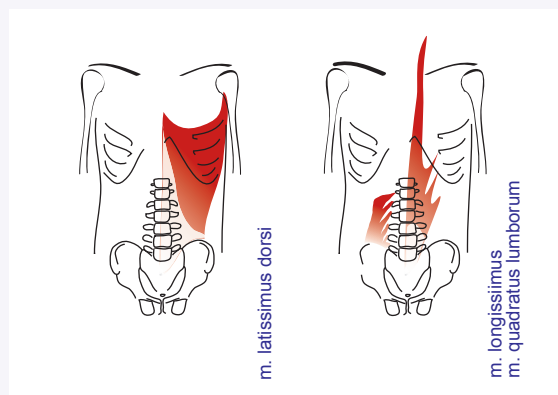
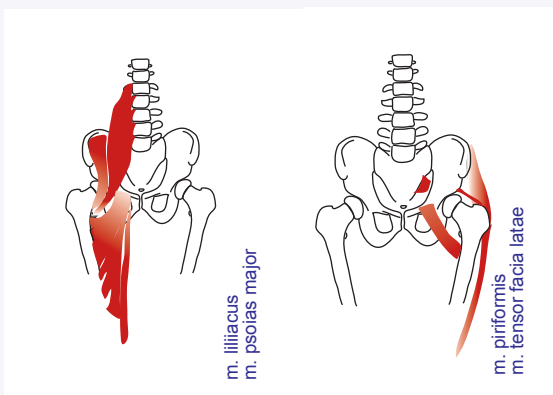
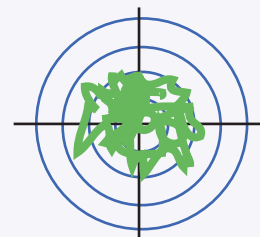
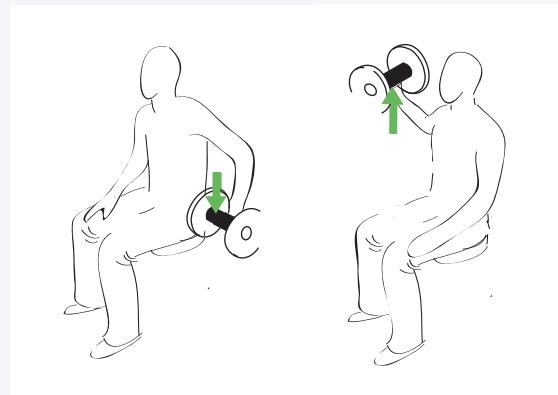
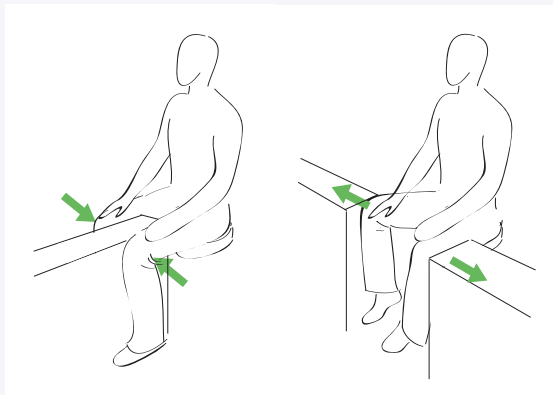
Increase difficulty

Movements

Sensbalance software

- decrease support plane: take one or two feet off the ground
- hide visual feedback: close eyes
- Increase sensitivity of system: decrease range settings

STABILITY CORE & HIPS | Range Settings 5 °



Increase difficulty

Movements

Sensbalance software

- increase level of resistance to obtain higher muscle activity
- vary level of resistance to obtain different muscle activity
- allow a smaller area of movements by adjusting the black ring
- increase sensitivity of system: decrease range settings