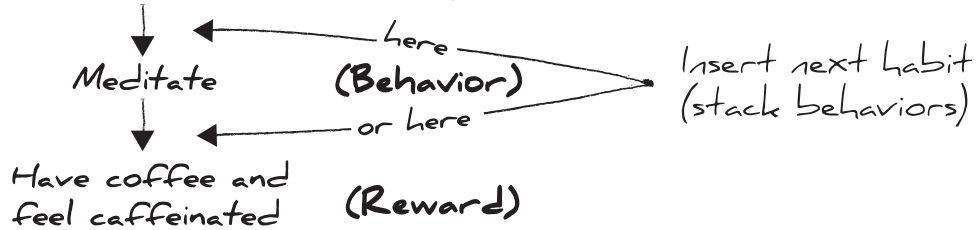




STACKING HABITS

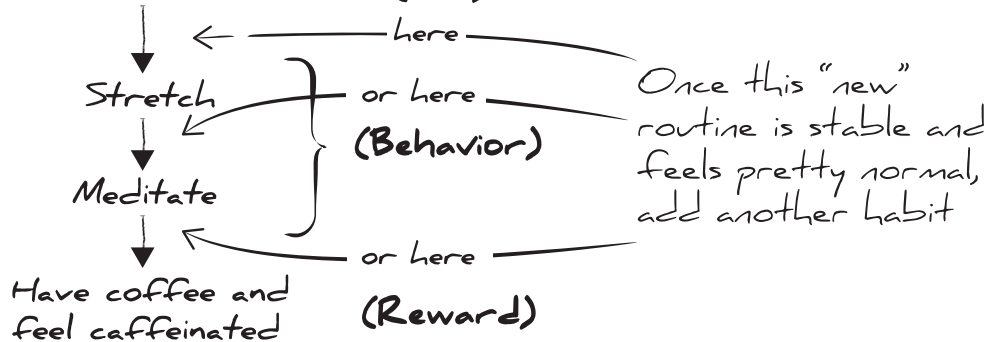
Morning Routine

Walk out of bedroom (Cue)



Adding Stretching

Walk out of bedroom (Cue)



Adding Core Exercises

Walk out of bedroom (Cue)

