



Testpeople Workshop's Stealth Menu

prepared On 24 Mar 2017

#	Sets	Reps	Duration	ECise
1	1	1	02:00	Standing at Wall
2	3	20	NA	Standing Scapular Contractions
3	3	20	NA	Standing Gluteal Contractions
4	1	1	03:00	Sitting in Extension
5	3	20	NA	Sitting Isolated Hip Flexor Lifts

Instructions

PostureNote