



**Ball Chair**



# Ball Rock





# Upside Down Ball





**Steamroller**





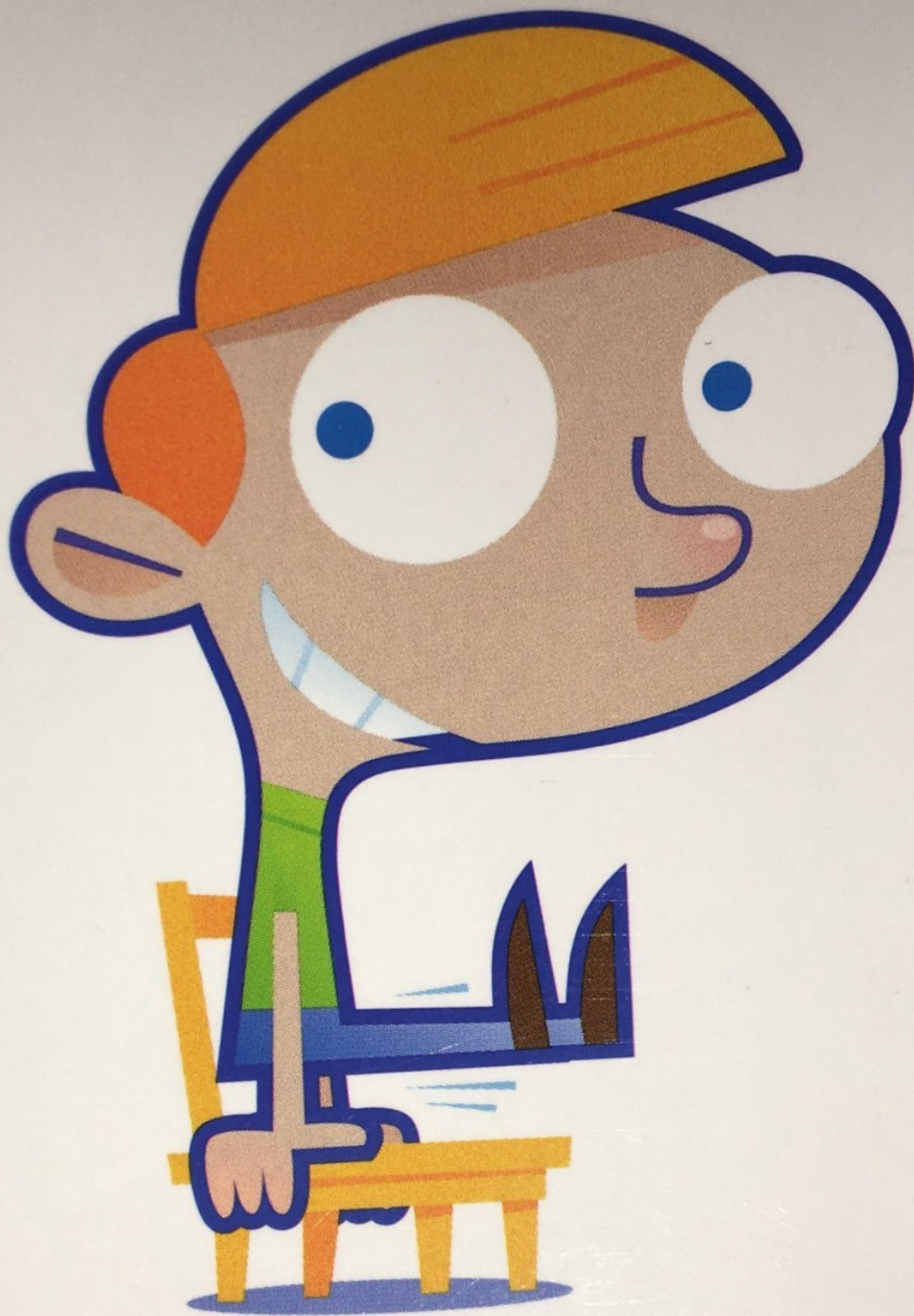
# Straw Games



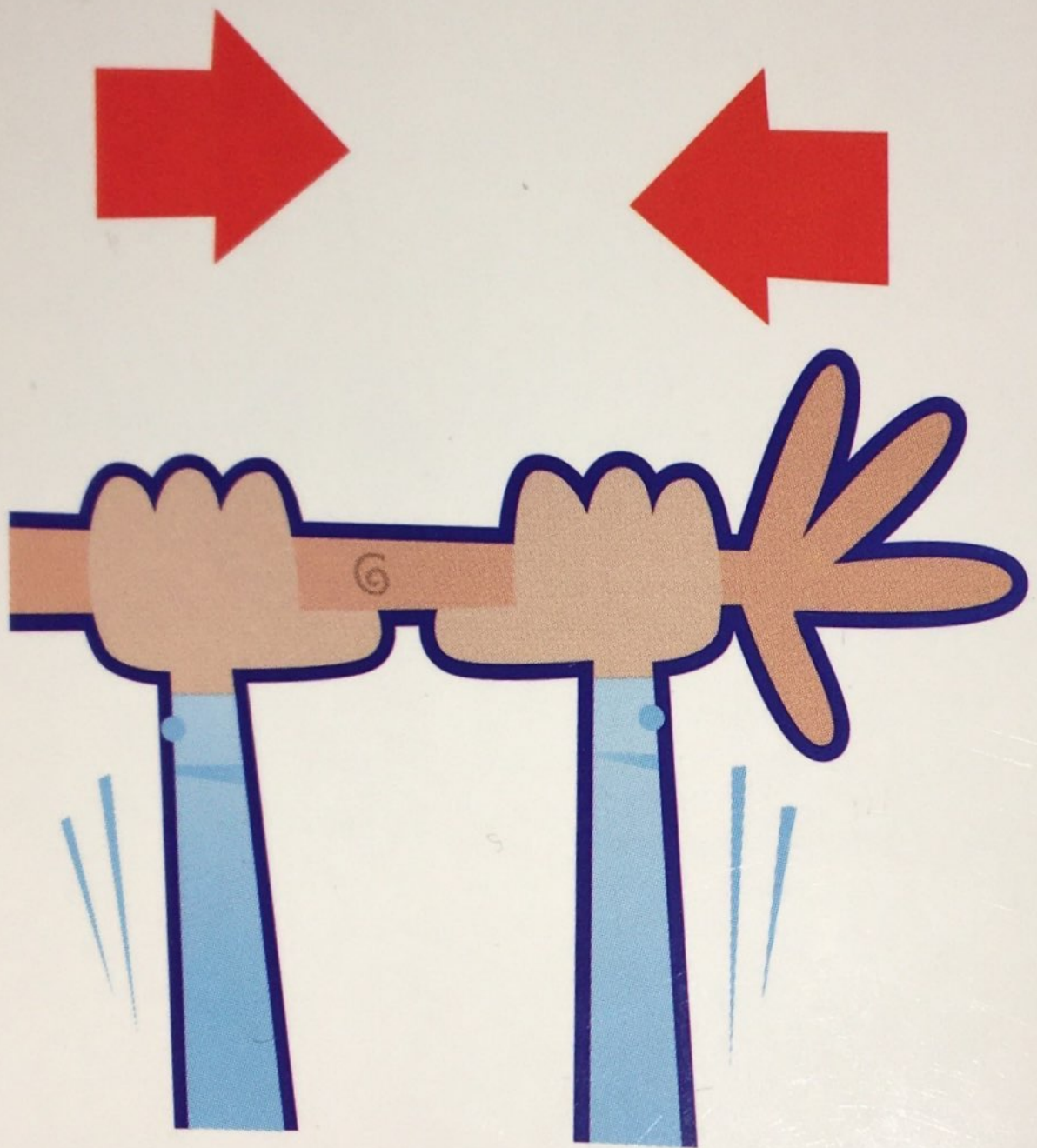


# Wall Push-Ups





# Chair Push-Ups



**Joint Compression**





**Give Yourself a Hug**