

Eau-Me Board Exercises



Balance Hold

Squat Balance

Line Stand Balance







Plank Balance

Plank Leg Raise

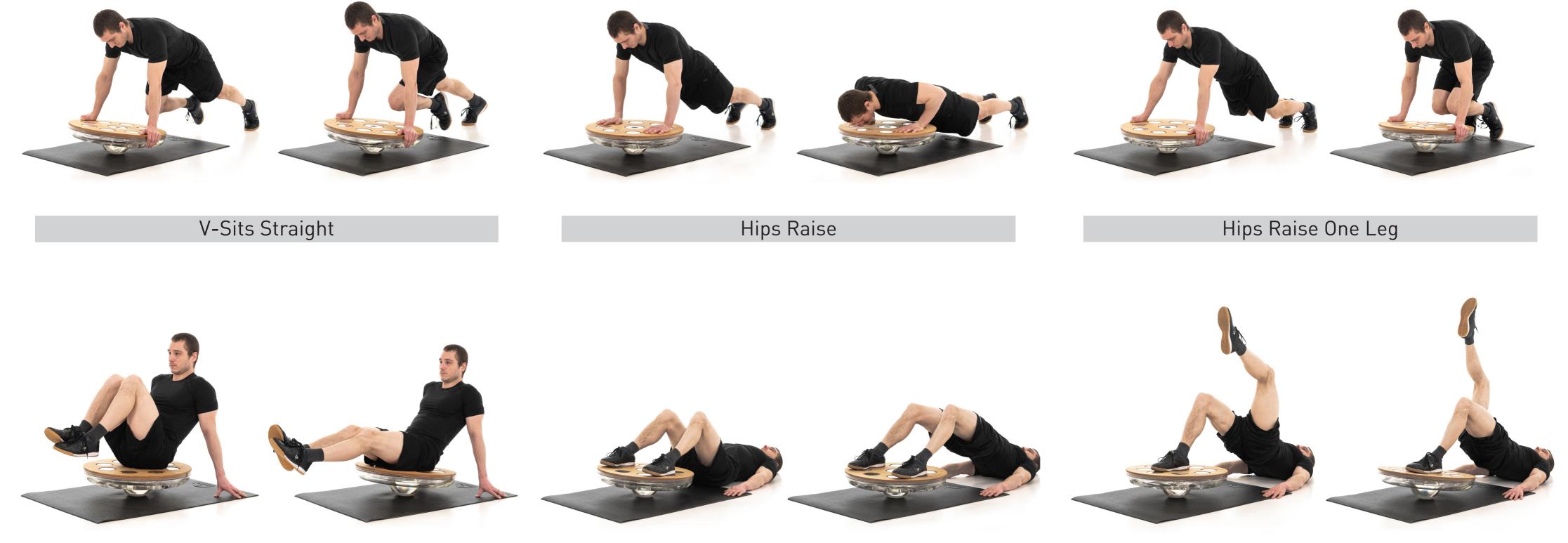
Plank Tilt



Mountain Climbers

Push Up

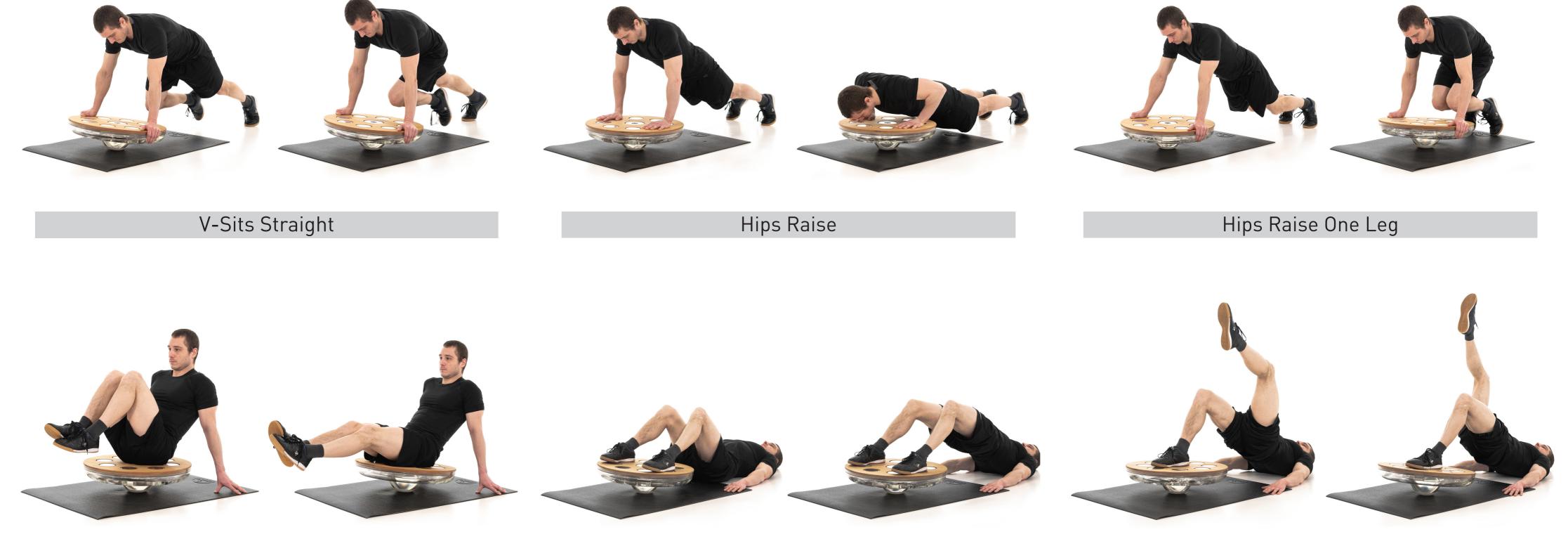
Plank Jump











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