

Disclaimer

Performing the movements described herein can result in serious injury or worse. Perform at your own risk.

When performing the movements read the description fully to understand what's involved. Some movements should not be tried to full completion depending on your specific physical restrictions. Evaluate the exercise, evaluate your ability to perform them (or have a trained individual evaluate your ability objectively), and **use a spotter**. When starting out, performing the movements partially can still be beneficial, continue with partial movements until your strength can safely compensate for the full range effort.

As with all exercise regimens, seek a doctor's approval to make sure your individual health is not at risk when starting a new program.