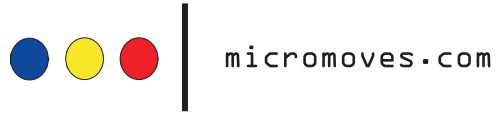


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- Aerobic tips ■ Nutrition tips

- Dance Teachers
- Movement Trainers
- Massage Therapists

**Bonus Content For  
Therapists & Practitioners**

1. Supine massage
2. Side lying
3. Abdomen
4. Rotator Cuff
5. Frozen Shoulder
6. Metatarsal
7. Achilles
8. Mirror Moves
9. Mental Moves
10. Muscle Melt

**Videos on the web  
Runs on Flash or RealPlayer**

**One Time Payment For Life**

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online  
Ease stress  
in a minute  
or less*

NHPC & RMTA Credits  
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OGGment Your practice

Producers:  
Jacquie Ogg, MA, GCFP.  
Assistant Trainer  
Bones for Life Instructor

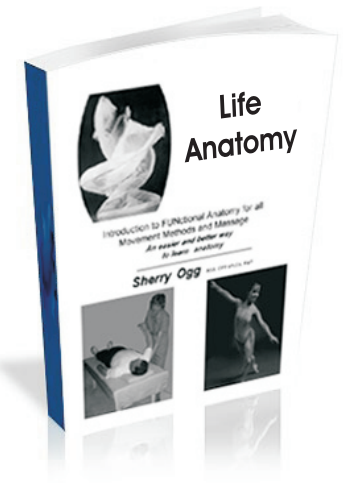
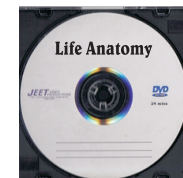
Sherry Ogg, BGS, GCFP, RMT.  
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Helpful Tips For

Carpal tunnel  
Lower back  
Shoulder pain  
Neck pain  
Knee pain

Drivercise

Music Moves

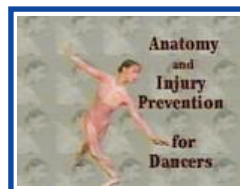
Travelercise

Summer Creative Award AWARD

Life Anatomy Manual & DVD

## Video Life Anatomy

**Dancers**  
anatomy and injury prevention for dancers

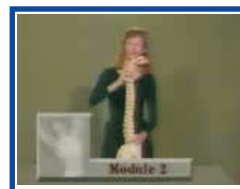


**Anatomical Factors**  
anatomy made easy



Module 1

**Spine**  
understand range of motion



Module 2

**Pelvis & Hip Joint**  
demo range of motion, turn out & injury prevention



Module 3

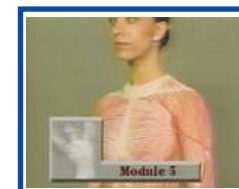
**Muscles**  
show muscle actions-functions made easy



Module 4

## Video Life Anatomy

**Knee**  
demo poor & good alignment



Module 5

**Ankle & Foot**  
demo poor & good alignment



Module 6

**Ribs & Shoulders**  
show placement



Module 7

**Fitness**  
know fitness principles, warm up & cool down



Module 8

**Download Area**  
select download module

Module 1	Module 2
Module 3	Module 4
Module 5	Module 6
Module 7	Module 8
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