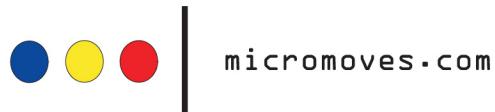


Get Aligned online



All of the below included in Program

8 microMoves (Micro Exercises)

Web Streaming Video access & downloads at
www.micromoves.com

- Download manual
- Aerobic tips ■ Nutrition tips

- Dance Teachers
- Movement Trainers
- Massage Therapists

**Bonus Content For
Therapists & Practitioners**

1. Seated
2. Supine massage
3. Side lying
4. Abdomen
5. Rotator Cuff
6. Frozen Shoulder
7. Metatarsal
8. Achilles
9. Mirror Moves
10. Mental Moves
12. Muscle Melt
13. Hydro Help
14. Balance Tips

*Get Aligned
online
Ease stress
in a minute
or less*

CC/CE credits

Bonus Content for Therapists and Practitioners
OGGment Your practice

Producers:

Sherry Ogg, BGS, GCFP, RMT.

Jacque Ogg, MA, GCFP.
Assistant Trainer
Bones for Life Instructor

Order Online:
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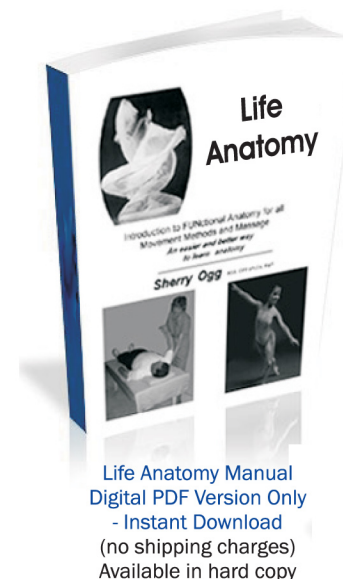
For information: 1-877-414-0505

Email: info@micromoves.com




**Free
Sample
Program includes:**

Life Anatomy streaming and download area
[login here to view or download video clips](#)




One Time Payment For Life




Relieve Stress Instantly™

Program | NHPC | CMMOTA | Services | CEC

free sample videos on pages below are included in program






Helpfull Tips For

Carpal tunnel
Lower back
Shoulder pain
Neck pain
Knee pain


Drivercise

Music Moves

Travelercise



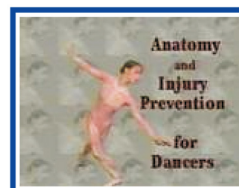
Life Anatomy
Manual & video



Video Life Anatomy

Dancers

anatomy and injury prevention for dancers



Anatomical Factors

anatomy made easy



Module 1

Spine

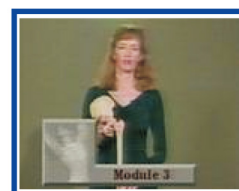
understand range of motion



Module 2

Pelvis & Hip Joint

demo range of motion, turn out & injury prevention



Module 3

Muscles

show muscle actions-functions made easy

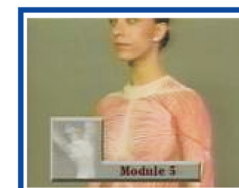


Module 4

Video Life Anatomy

Knee

demo poor & good alignment



Module 5

Ankle & Foot

demo poor & good alignment



Module 6

Ribs & Shoulders

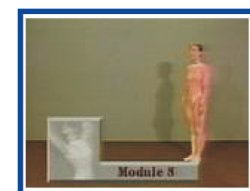
show placement



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

Click And Be Fit
www.micromoves.com

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Note: after watching the micromoves in the blue bar, click the back button to reach the video page again.

➔ [bonus content login here](#) ⬅

Bonus Content for therapists & practitioners to use with clients
anatomy web site link with fabulous 3D animations