

Pre Hab Exercises (The Critical Four)

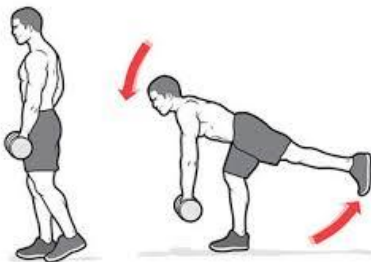
- **Chop and lift (C&L)**



- **Turkish get-up (TGU)**



- **Two-arm single-leg deadlift (2SDL)**



- **Cross-body one-arm single-leg deadlift (1SDL)**

