

	Foamroller	Dynair® Balkissen®   Circle	Powerball® ABS® Aero Step® XL functional	Jumper®	Redondo® Ball
<b>Piloga Core</b>	START POSITION 				
	END POSITION 				
<b>Piloga Back</b>	START POSITION 				
	END POSITION 				
<b>Piloga   Upper Core</b>	START POSITION 				
	END POSITION 				
<b>Piloga   Rotation Mobilisation</b>	START POSITION 				
	END POSITION 				
<b>Piloga   Stretch Relaxation</b>	START POSITION 				
	END POSITION 		<b>Powerball® ABS®</b>  <b>Aero Step® XL functional</b>		

