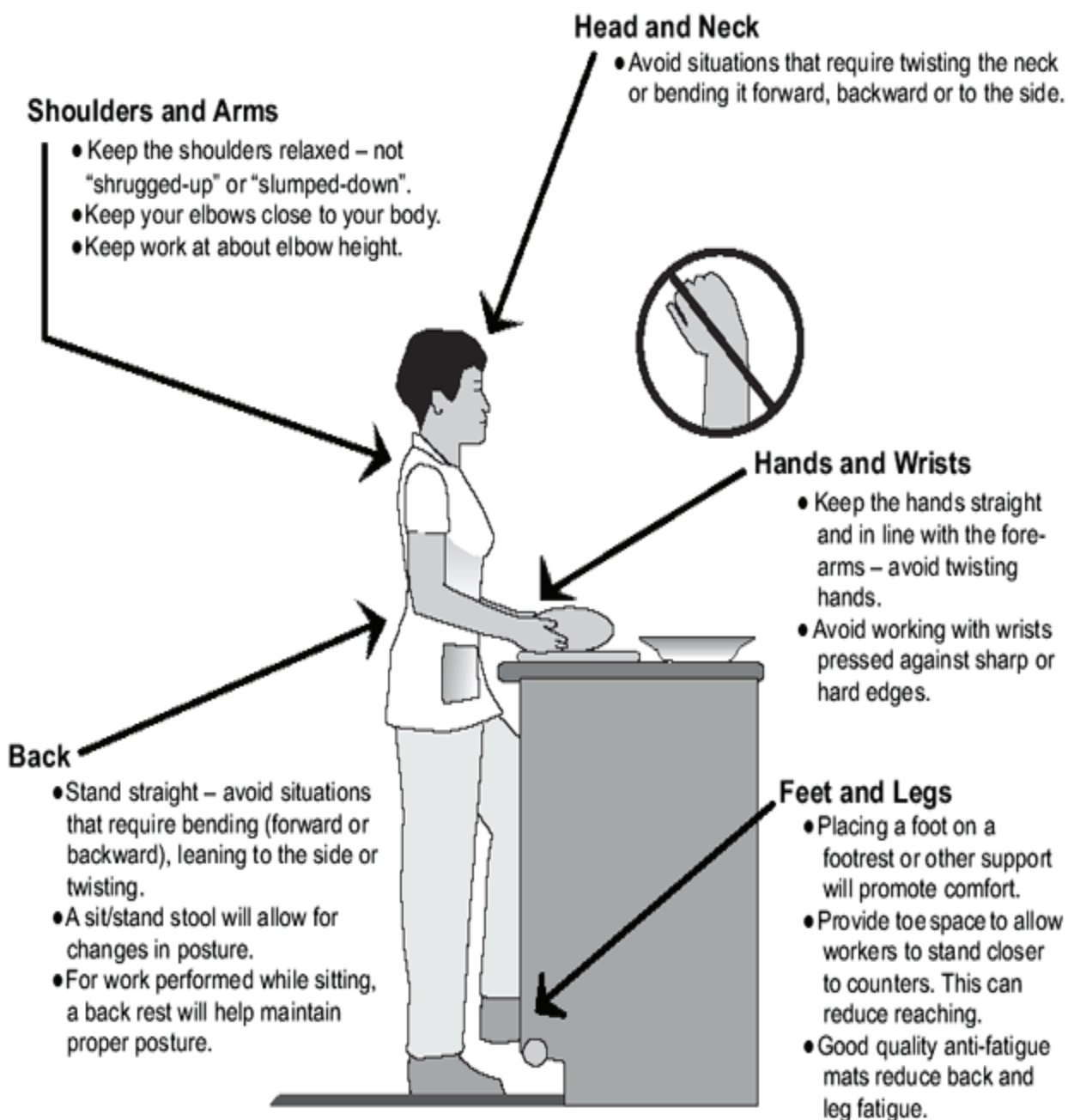
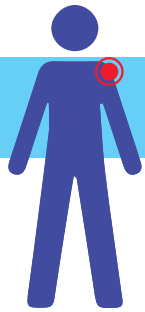


Upper Back Strengthening - Thoracic

PC



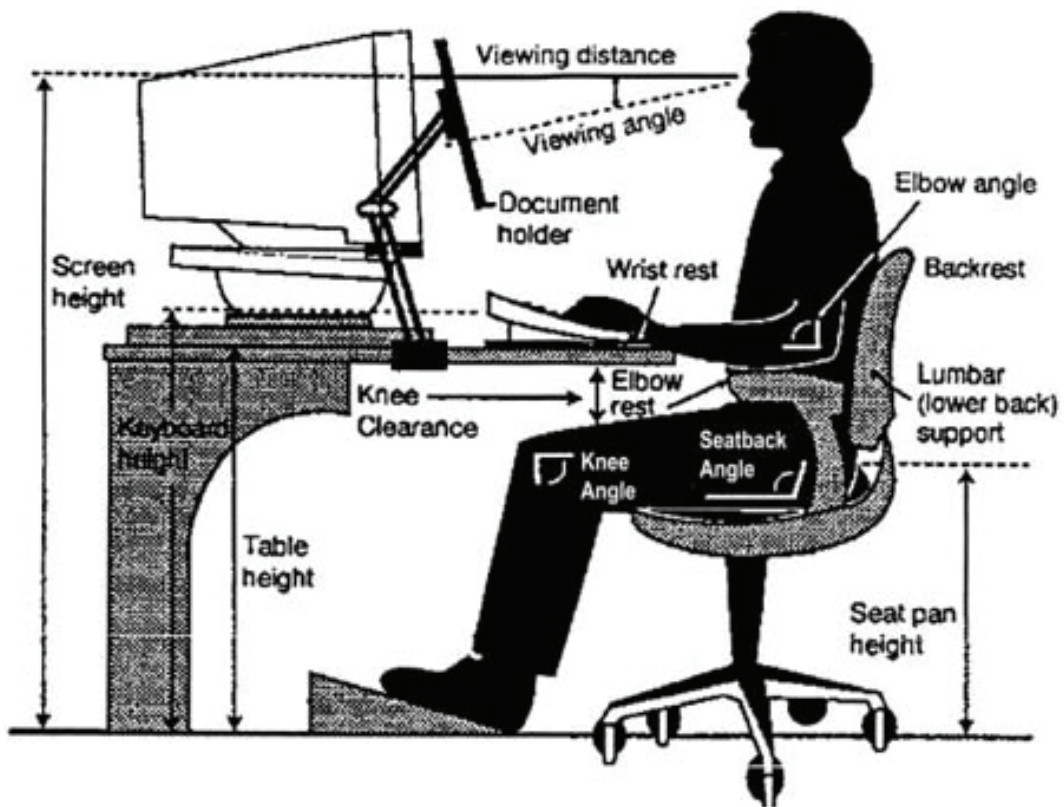
The Basics of Neutral Working Postures



Posture correction

PC

Workstation Set Up



Driving Postures

