

Mobility Check

Do one of these before and after using FasshAA to see and feel the difference.

3-5 MINUTES
DAILY CAN
MAKE A
DIFFERENCE

HANDS

MOBILITY
TESTS
(UPPER BODY)

1 Wall W

Back, arms and hands against the wall in a "W" position.



BEFORE

AFTER

2 Overhead Reach

Stand side-on to a wall and reach one arm overhead as high as comfortable.



BEFORE

AFTER

3 Behind-the-Back Reach

One hand reaches over shoulder, the other up the back. Note the distance between your fingertips.



BEFORE

AFTER

4 Prayer Stretch

Palms together at chest height. Slowly lower your hands down towards your waist.



BEFORE

AFTER

FEET

MOBILITY
TESTS
(LOWER BODY)



FASSHAA®

Living well begins here

5 Seated Butterfly

Sit with the soles of your feet together. Let your knees drop towards the floor.

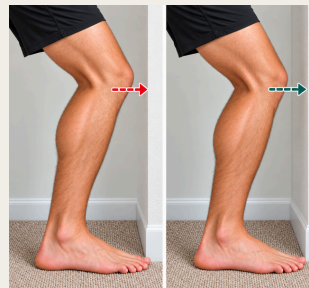


BEFORE

AFTER

6 Knee-to-Wall

Stand facing a wall. Keep your heel down and gently drive your knee towards the wall.



BEFORE

AFTER

7 Standing Forward Fold

Stand with feet hip-width apart. Fold forward, letting your arms hang down towards the floor.



BEFORE

AFTER

8 Deep Squat

Stand with feet about hip-width apart. Squat as deeply as comfortable, keeping your heels on the floor.



BEFORE

AFTER