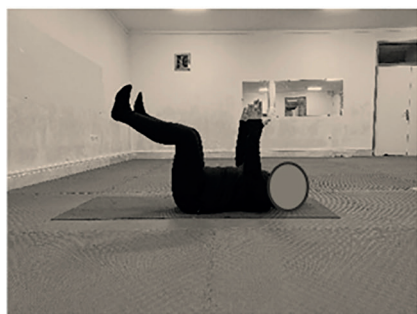
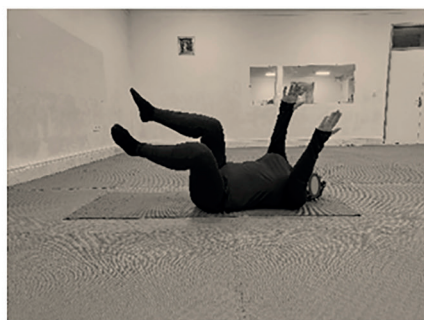


Appendix A: Starting positions of dynamic neuromuscular training (DNS) protocol.



1



2



3



4



5



6



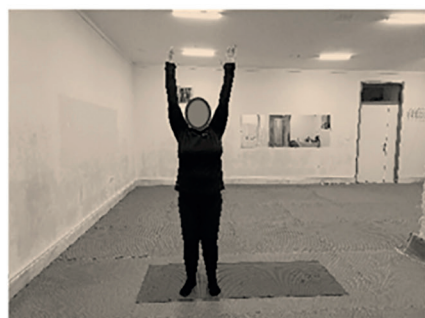
7



8



9



10



11

Appendix B: Eleven phases of Czech Get Up Movement