

HØY INNSATS } KVALITET
 STORE BEVEGELSER



Parkinson Wellness Recovery
 Exercise4BrainChange®

Low Floor | Prone
 Basic 4 | PWR!Moves™

PWR! Up

Posture

HOLDNING



PWR! Rock

Weight Shift

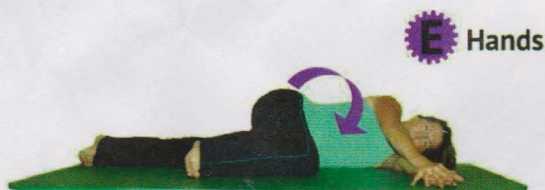
VEKTSKIFT



PWR! Twist

Trunk Rotation

ROTASJON



PWR! Step

Transition

STEG/FØRFLYTNINGER



Parkinson Wellness Recovery
 3849 E. Broadway Blvd. #163
 Tucson, AZ 85716

www.pwr4life.org

[f/PWR4Life](https://www.facebook.com/PWR4Life)
 T: 520.591.5346 • F: 888.780.0154

© 2014 NeuroFit Networks | Parkinson Wellness Recovery