

TIME LINE OF TECHNIQUES on Video 3 (C)  
by Graham Healy (founder HISDA 2000)



END OF VIDEO 3 (C)

1.37 Recommending stretching techniques and rehabilitation benefits  
[www.healyslowerbackpain.com](http://www.healyslowerbackpain.com)

3.19 Full Body Weight squats

4.17 Squat Kicks

5.14 Advise on recommended supplements by Graham Healy on  
<https://www.healyslowerbackpain.com/healy-s-super-supplements>

6.23 Knuckle Push ups (how to do properly)

10.57 Elbows. Knees discussed

11.37 ball of the foot kicking techniques

End of tape

Completed on 25December 2020

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