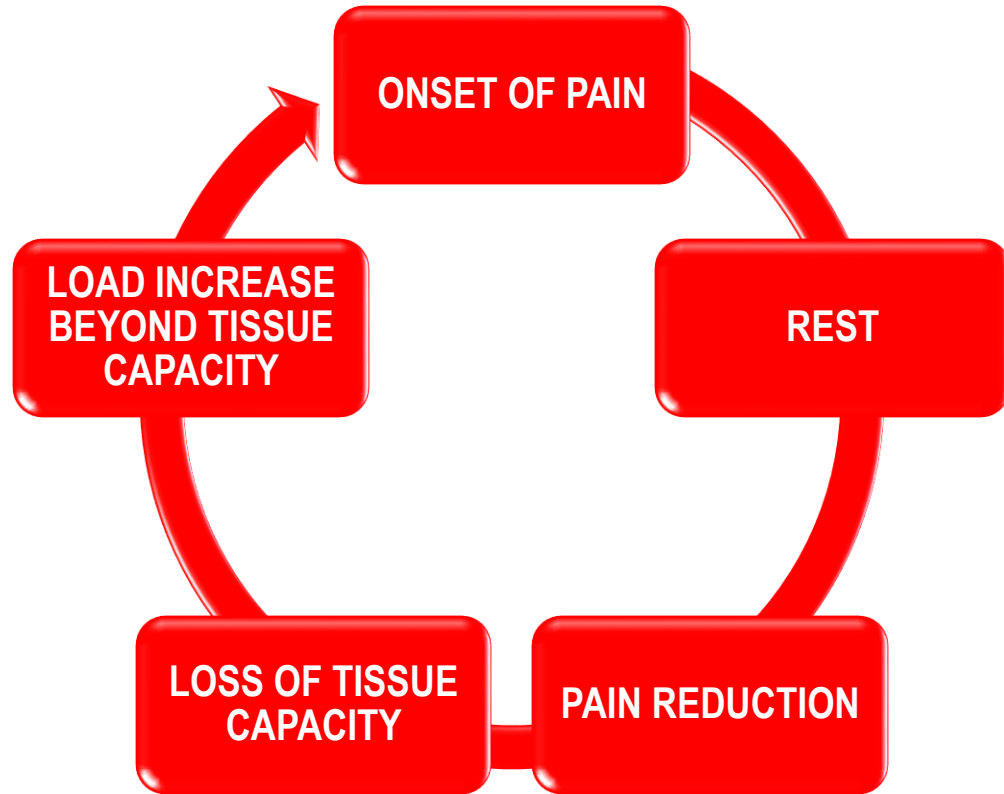
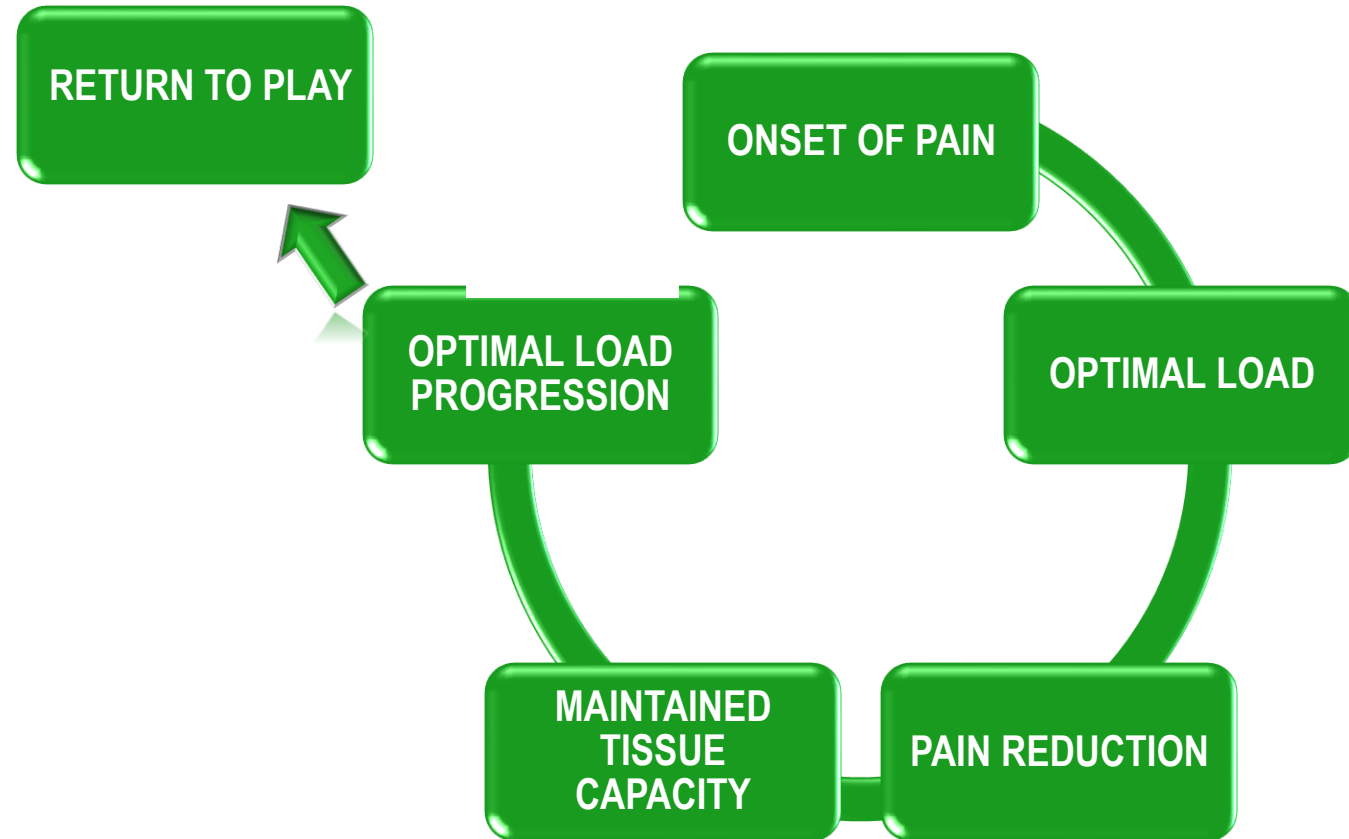


LOAD MANAGEMENT

POOR LOAD MANAGEMENT



OPTIMAL LOAD MANAGEMENT



**Some pain can be safe, don't be afraid of movement & load
But it important to respect pain and ensure a safe progression of optimal load**