

LSVT: Big Moves

https://www.youtube.com/watch?v=JtZ4pO0AzbM&list=PLDj7RHXvTZZKZvfHOrIx8JbFbDtkb6M87&index=2&ab_channel=Bob%26Brad

https://www.youtube.com/watch?v=GpWFZdeJqxQ&list=PLDj7RHXvTZZKZvfHOrIx8JbFbDtkb6M87&index=3&ab_channel=Bob%26Brad