Selective movement rebuild

First runtime-affecting pass where movement truth beats pose names. No images generated. Special/weak movements are gated instead of being faked.

Physio truth | Foot/hand identity | Selective MediaPipe | Special gates | Runtime QA

Sequence changes	MP activations	Runtime changed
12	36	YES

Rebuilt / gated exercises

lateral-line-hops	rebuilt foot-pair anchor sequence
pull-up	bar/hands locked keyframe sequence
chin-up	bar/hands locked keyframe sequence
buddy-hamstring-curls	manual knee pivot lock tightened
seated-box-jump	box prop phases/foot-pair anchors added; MediaPipe not activated for weak frame
box-jump	box prop phases/foot-pair anchors added; MediaPipe not activated for weak frame
med-ball-slam	object/hand binding metadata added
chest-pass	blocked from selective activation; current images marked placeholder

Active MediaPipe groups

Only safe/high-confidence groups got MediaPipe runtime landmarks. Partner, prop and wrong-family throw mappings remain manual/review gated.

bodyweight-squat **chin-up** **hamstring-bridge** **lateral-line-hops** **pull-up**

Lab: `tools/movement_rebuild_lab.html`

Pass QA: `preview.html?v=rc46&motionlab=1#pass`