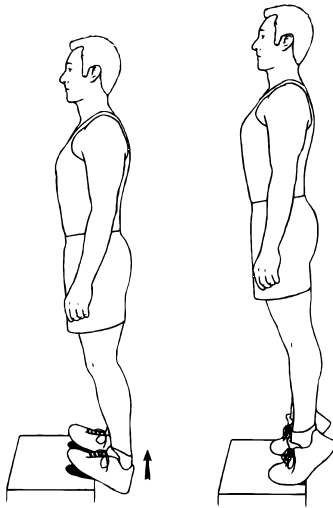


LEGS: CALVES - 1 Heel Raise: Standing

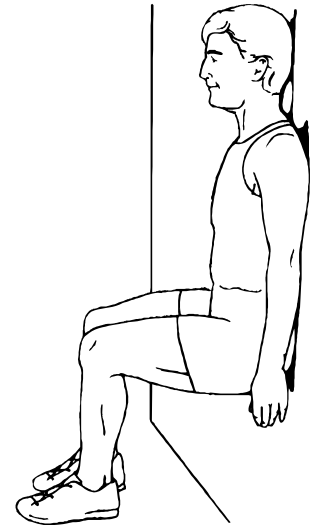
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 2 sets.
Complete 15-20 repetitions.

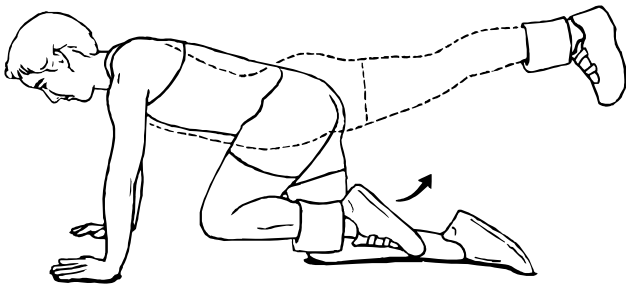
LEGS: GLUTES / THIGHS - 2 Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 30-60 seconds. Start with 30 sec for 3 sets. Progress +5sec every time you do it.



Do 3 sets.
Complete _____ repetitions.

LEGS: GLUTES / THIGHS - 1 Kick Back

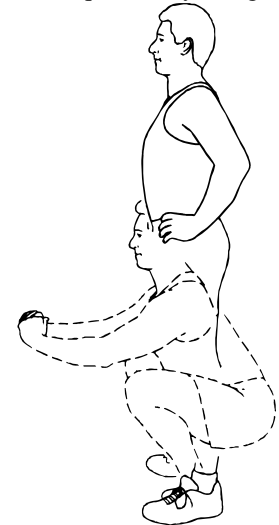


Start with hands and knees on the ground. wrists directly under shoulder, knees directly under hips. Bring knee to chest, keeping hips level, drive leg back and up until straight and slightly above level with body. When 20 reps becomes easy, add a small ankle weight.

Do 2 sets. Complete 15-20 repetitions.

LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

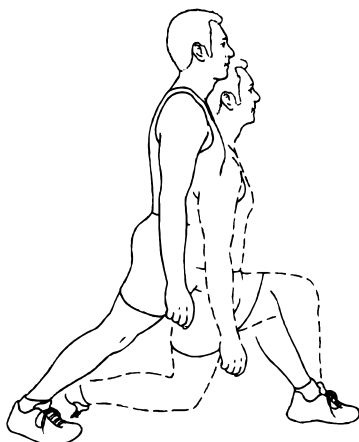
Head up, back straight, feet pointed slightly out, squat as low as possible. Imagine pulling your kneecaps into your armpits. Use your entire foot to balance weight, spread toes and grab the ground. Beginner: arms should be held straight, level with the shoulder. Medium: arms crossed at chest. Advanced: hands behind the head, keeping shoulder blades squeezed together.



Do 3 sets.
Complete 10-50 repetitions.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

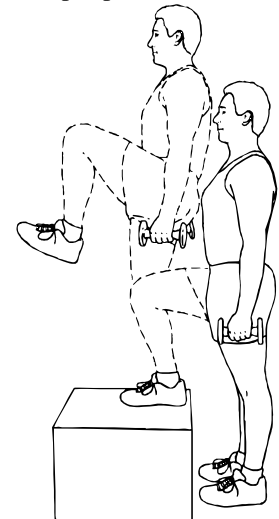
Feet hip width apart, take a slightly larger than normal step with one leg. Keeping an upright torso and firmly squeezed butt, push the front knee forward and the back knee towards the ground. Go down until you can no longer maintain balance. Do all reps on this side then switch.



Do 3 sets.
Complete 10 repetitions.

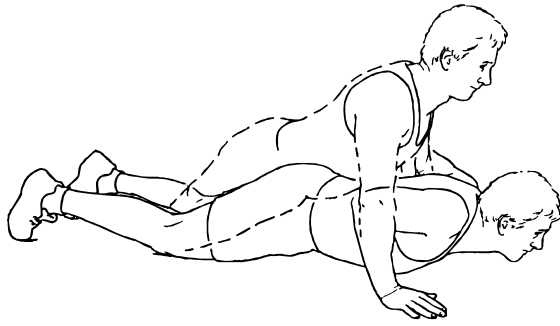
LEGS: GLUTES / THIGHS - 17 Step-Up (Dumbbell)

Find a stable surface to step up on that is knee high or lower. Placing one foot on top while maintaining hip width spacing. Shift weight forward and over the foot on the box\chair\step until you can stand up. Place the feet together when you are completely on top. Beginner: no weights, bring feet together. Medium: one leg suspended. Advanced: add small dumbbells



Do 3 sets.
Complete 10 repetitions.

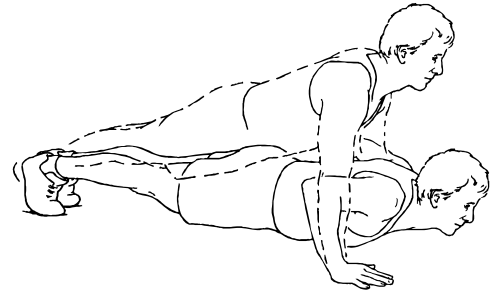
CHEST - 6 Push-Up: Modified – Medium Hands



Knees on mat or ground. Place palms directly under shoulders. Squeeze butt to maintain straight line from knees-hips-shoulders. Elbows tucked into sides, lower until chest touches ground then straighten arms to come back up.

Do 3 sets. Complete 10-20 repetitions.

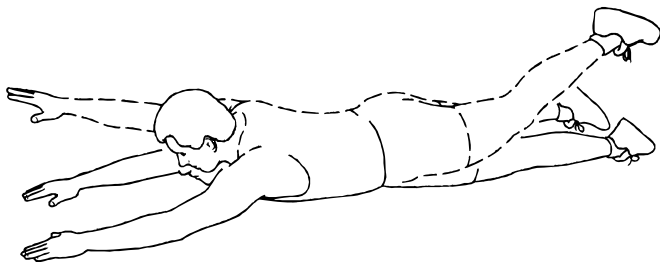
CHEST - 9 Push-Up: Medium Hands



Toes together, place palms directly under shoulders. Lock knees, firm squeeze of buttocks to maintain one line from ankles-knees-hips-shoulders. Keep elbows tucked to sides lower until chest touches ground, then straighten arms until elbows are locked, squeezing the tricep.

Do 3 sets. Complete 5-15 repetitions.

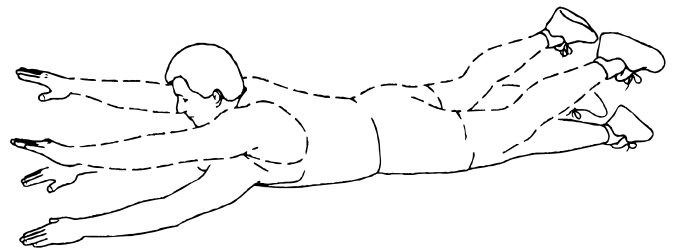
BACK: LOW - 1 Leg / Arm Lift: Alternating



Arms and legs as straight as possible, raise opposite arm and leg. Keep chest and thighs off the ground. Alternate sides for time 30-60sec

Do 2 sets. Complete _____ repetitions.

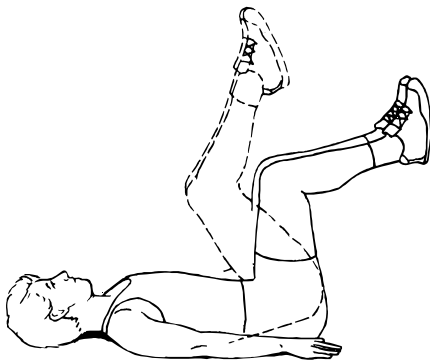
BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously. Lifting ribcage and thighs off the ground.

Do 3 sets. Complete 10-15 repetitions.

ABS - 15 Crunch: Reverse

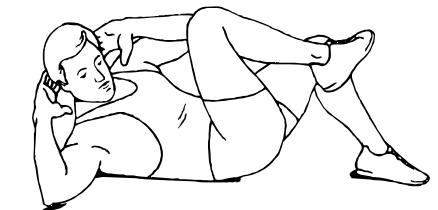
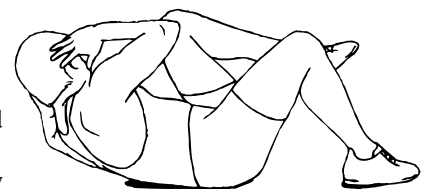


With hips and knees at 90° angle, tighten abdominals, curl hips up until low back clears floor. Assist by pushing hands into ground.

Do 3 sets. Complete 10-15 repetitions.

ABS - 17 Crunch: Twist – Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do 3 sets. Complete 10-20 repetitions.