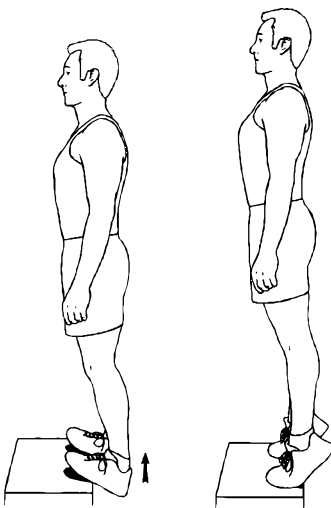


LEGS: CALVES - 1 Heel Raise: Standing

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



Do 2 sets.
Complete 12 repetitions.

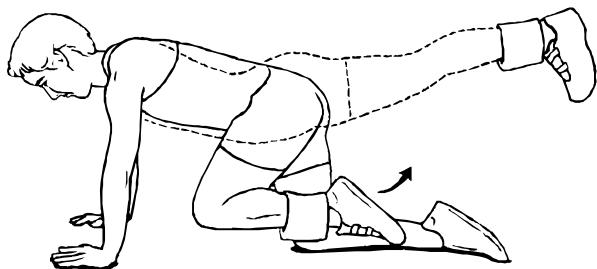
LEGS: GLUTES / THIGHS - 2 Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 20 seconds.



Do 2 sets.

LEGS: GLUTES / THIGHS - 1 Kick Back

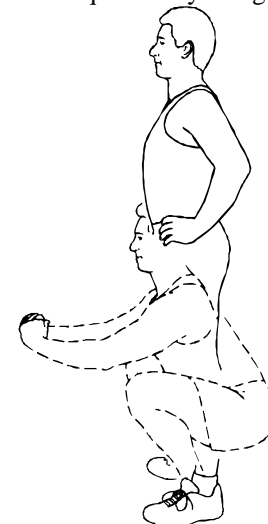


Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do 2 sets. Complete 12 repetitions.

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

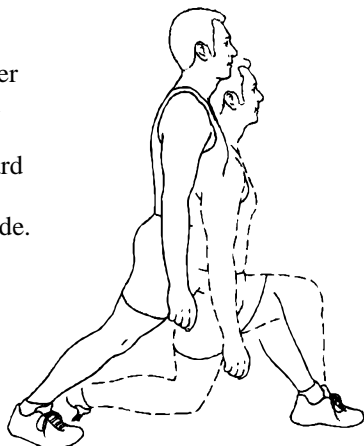
Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.



Do 2 sets.
Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

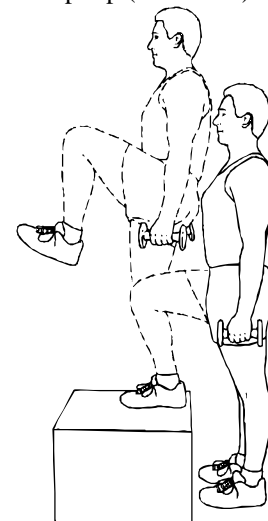
In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do 2 sets.
Complete 12 repetitions.

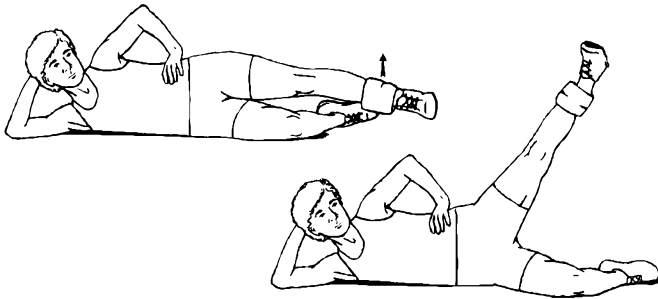
LEGS: GLUTES / THIGHS - 17 Step-Up (Dumbbell)

Head up, back straight, step up on box, bringing other leg up toward chest. Alternate step-up leg.



Do 2 sets.
Complete 12 repetitions.

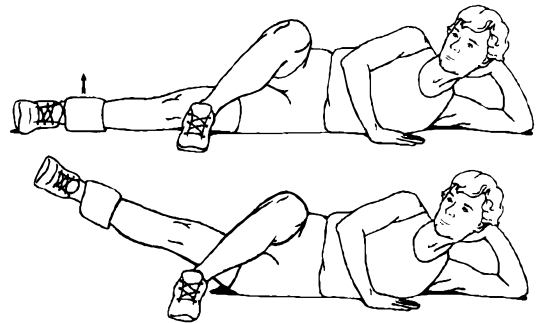
LEGS: GLUTES / THIGHS - 34 Leg Abduction: Single Leg
(Ankle Weight)



Top leg weighted and straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do 2 sets. Complete 12 repetitions.

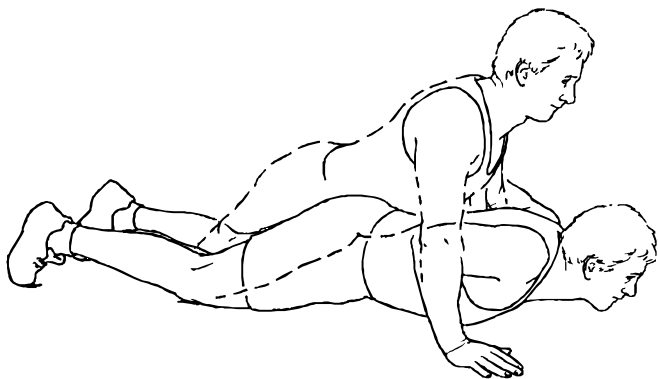
LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg
(Ankle Weight)



Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do 2 sets. Complete 12 repetitions.

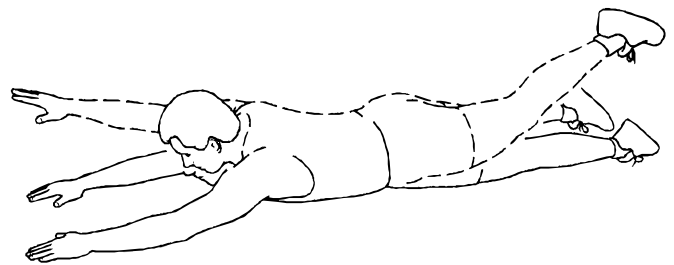
CHEST - 6 Push-Up: Modified – Medium Hands



Chest a few inches from floor, push up until arms are straight, bending at knees.

Do 2 sets. Complete 12 repetitions.

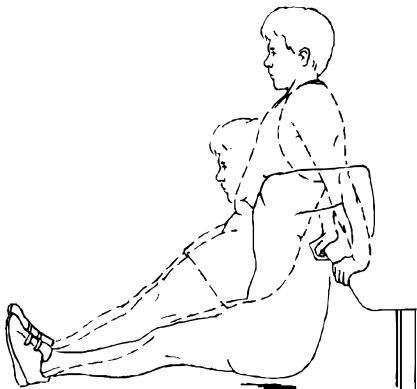
BACK: LOW - 1 Leg / Arm Lift: Alternating



Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Do 2 sets. Complete 12 repetitions.

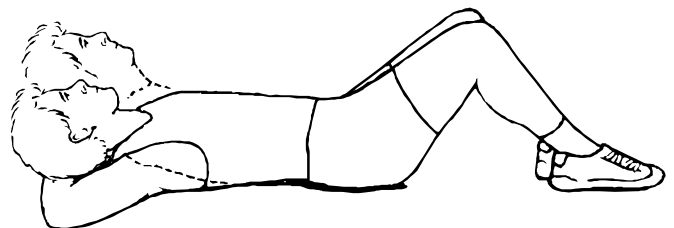
ARMS: TRICEPS - 32 Dip (Bench)



Body almost to floor, elbows close to sides, press upward until arms are straight.

Do 2 sets. Complete 12 repetitions.

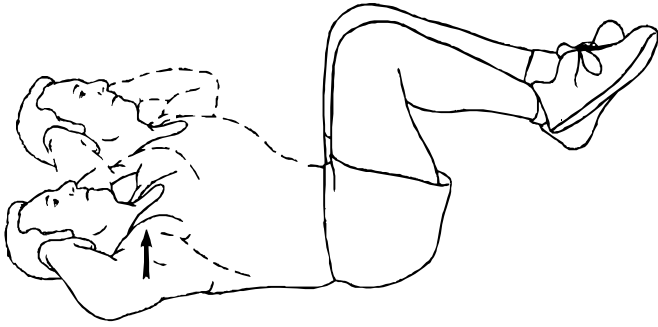
ABS - 9 Crunch: Bent Knee



Arms behind head, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 2 sets. Complete 12 repetitions.

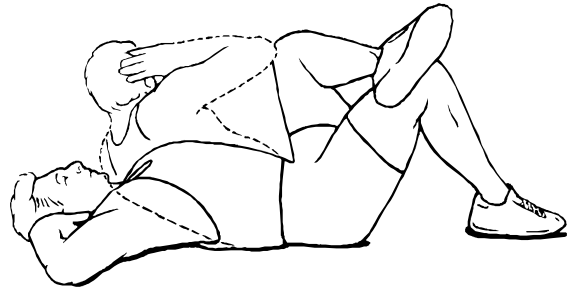
ABS - 12 Crunch: Raised Leg



Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 2 sets. Complete 12 repetitions.

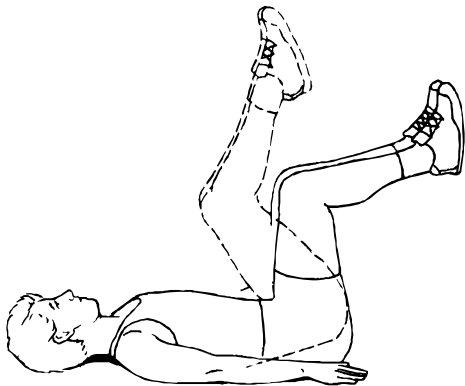
ABS - 16 Sit-Up: Twist – Bent Leg



One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 2 sets. Complete 12 repetitions.

ABS - 15 Crunch: Reverse



With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do 2 sets. Complete 12 repetitions.