

**Foot Rolls**  
Roll from outside  
of feet in



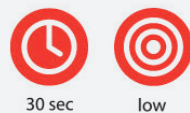
**Heel to Toe  
Raises**  
Repeat positions  
1 and 2 on both  
legs



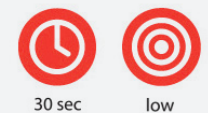
**Calf Raises**  
Repeat positions  
1 and 2



**Thigh  
Strengthening**  
Pull knees apart  
with feet on the  
platform and band  
around thighs



**Side to Side  
Curl**  
Move side to side  
while pulling up  
on straps in curl  
position



**Back and  
Forth Curl**  
Move forward and  
back while pulling  
up on straps in  
curl position



## Shoulder Lift

With palms up and arms out, pull up on the straps continuously for 30 seconds



## Thigh Squeeze

With a yoga ball between your knees, squeeze the ball continuously for 30 seconds



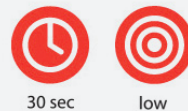
## Push/Pull Curls

Move your arms front and back inversely while pulling up on straps in curl position



## Right Leg Raises

Repeat positions 1 and 2



## Left Leg Raises

Repeat positions 1 and 2



## Twist Thigh Squeeze

Squeeze the ball continuously for 30 seconds while twisting your torso to both sides