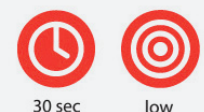
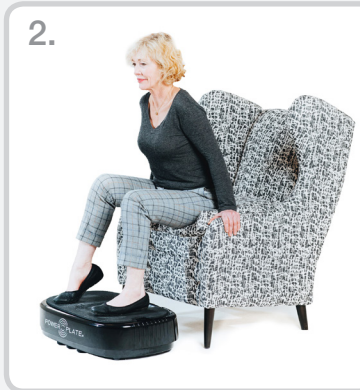


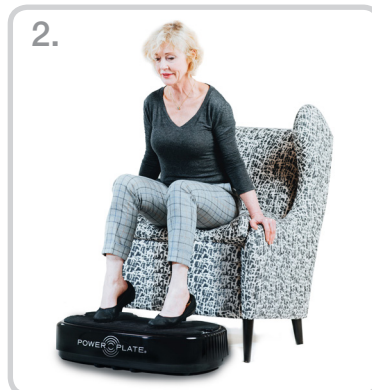
Foot Rolls

Rotate feet in and out



Heel to Toe Raises

Repeat positions 1 and 2 on both legs



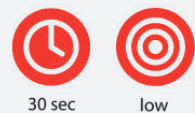
Calf Raises

Repeat positions 1 and 2



Hamstring Stretch

Each leg



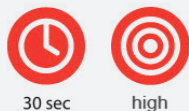
Static Squat

Lower slowly into a comfortable squat position, then return to the start 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



Static Lunge

Each Leg



Push/Pull Curls

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

1.



2.



Squat Twist

Repeat positions 1 and 2

1.

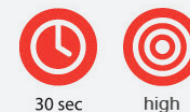


2.



Forward Step with Arm Reach

Repeat positions 1 and 2



Thigh Squeeze

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