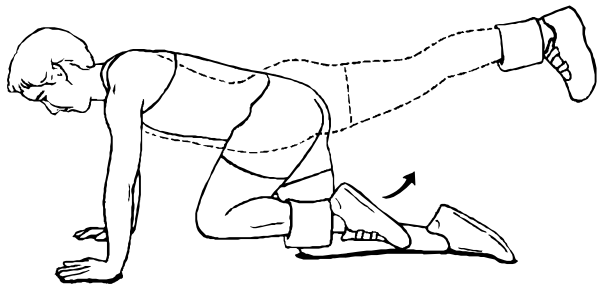


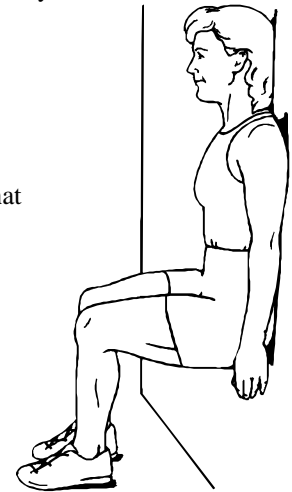
LEGS: GLUTS - 5 Weighted Kick Back



With leg tucked to chest, drive leg back and up until straight and slightly above level with body. Complete all repetitions with one leg first, then repeat with other leg.  
Complete \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets.

LEGS: QUADS - 2 Ninety / Ninety

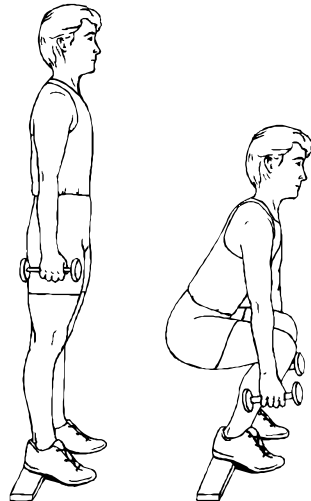
Position back against wall so that knee joints form 90° angles. Hold for 90 seconds.



Complete \_\_\_\_\_ repetitions.  
Do \_\_\_\_\_ sets.

LEGS: GLUTS - 2 Squat

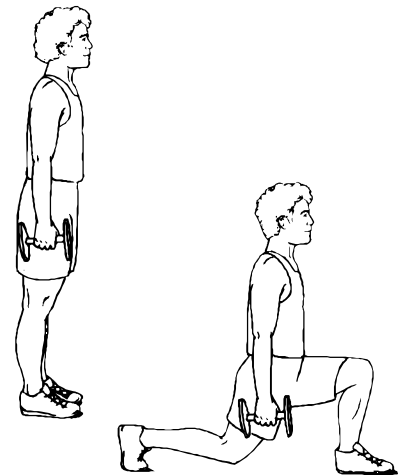
Standing on board with back straight and head looking upward, bend knees until thighs are parallel to floor.



Complete \_\_\_\_\_ repetitions.  
Do \_\_\_\_\_ sets.

LEGS: GLUTS - 4 Lunge

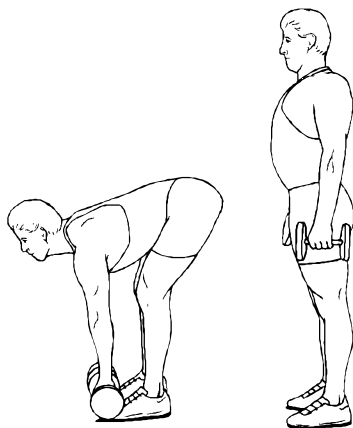
With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor. Return and alternate legs.



Complete \_\_\_\_\_ times.  
Do \_\_\_\_\_ sets.

BACK: LOW - 3 Stiff-Legged Deadlift

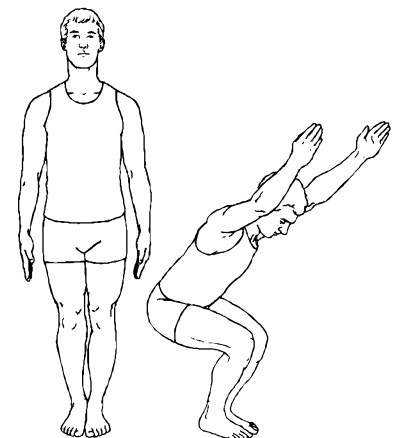
With knees nearly locked and back flat, straighten back to upright position.



Complete \_\_\_\_\_ repetitions.  
Do \_\_\_\_\_ sets.

YOGA - 18 Chair

Feet together, bend knees 90°, keeping back straight. Reach arms over head, sitting hips back toward heels. Keep focus straight.



Hold for \_\_\_\_\_ breaths.