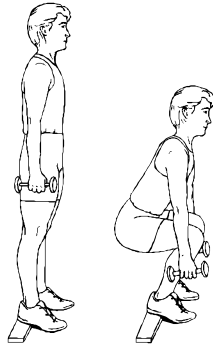


LEGS: GLUTS - 2 Squat

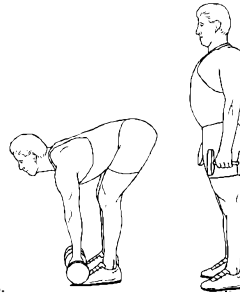
Standing on board with back straight and head looking upward, bend knees until thighs are parallel to floor.



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

BACK: LOW - 3 Stiff-Legged Deadlift

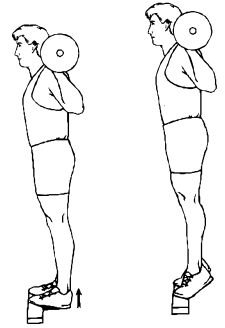
With knees nearly locked and back flat, straighten back to upright position.



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

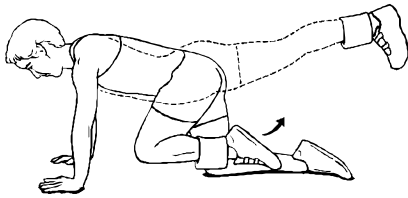
LEGS: CALVES - 1 Standing Heel Raise

Standing on board with knees locked, rise up on toes as high as possible.



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

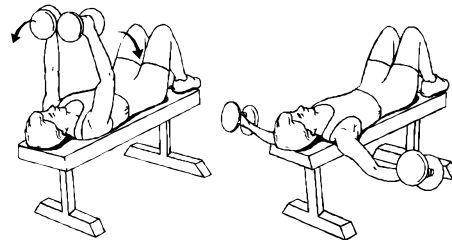
LEGS: GLUTS - 5 Weighted Kick Back



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.

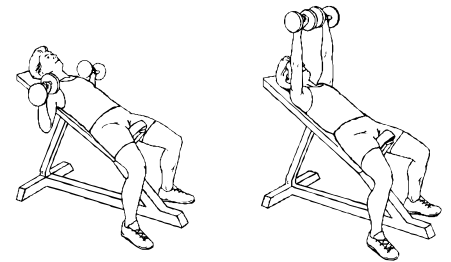
CHEST - 13 Bench Fly



From starting position with arms slightly bent, lower weight to shoulder level with palms facing upward.

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

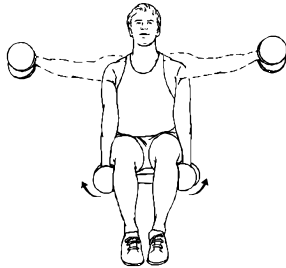
CHEST - 7 Incline Bench Press



From starting position with dumbbells at chest level, press to straight arm position.

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

SHOULDERS - 9 Seated Lateral Deltoid Raise

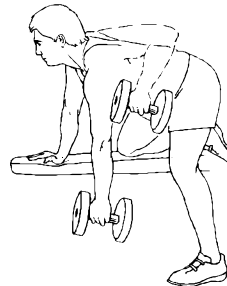


With arms slightly bent, raise dumbbells to just above shoulder height.

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

BACK: LATS - 1 One Arm Bent-Over Row

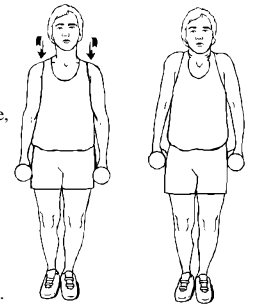
From starting position, pull dumbbell to side of chest. Complete all repetitions with one arm, then repeat with other arm.



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

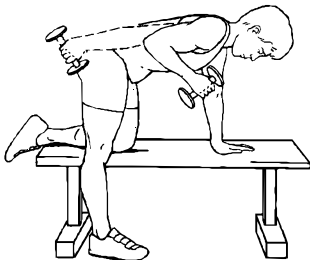
BACK: TRAPS - 6 Shoulder Shrug

Keeping arms straight, lift shoulders as high as possible, rotating shoulders up and backward.



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

ARMS: TRICEPS - 1 Bent-Over Kickback

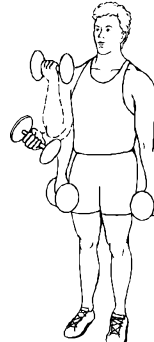


Straighten arm backward to elbow-locked position. Repeat with other arm.

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

ARMS: BICEPS - 1 Standing Alternating Curl

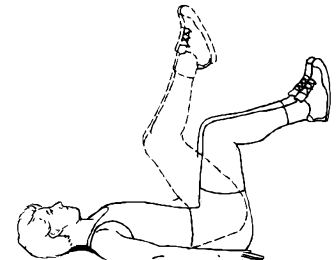
Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



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

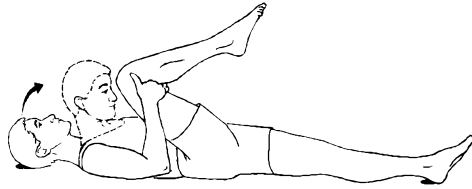
ABS - 5 Reverse Crunch

With knees bent at 90° angles, curl hips up until lower back clears floor.



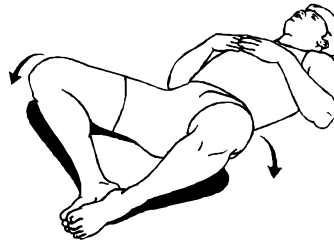
Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

LOWER BACK - 1 Extensors / Gluteal



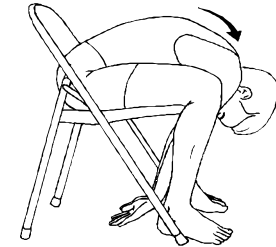
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold \_\_\_\_ seconds. Repeat with other knee. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

GROIN - 1 Thigh Adductors



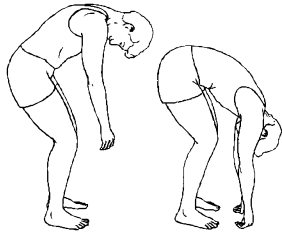
With feet together, lower knees to floor until stretch is felt. Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 3 Mid and Lower Extensors



Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

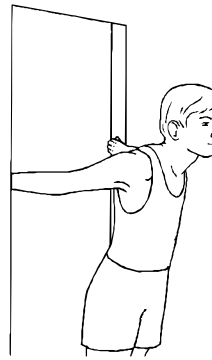
HAMSTRINGS - 5 Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold \_\_\_\_ seconds. Bend knees further to return to standing position. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

CHEST - 3 Pectorals

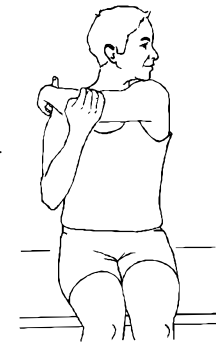
Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold \_\_\_\_ seconds. Repeat with other arm.

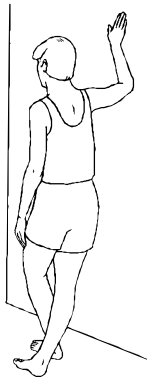


Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold \_\_\_\_ seconds. Repeat with left leg behind right.

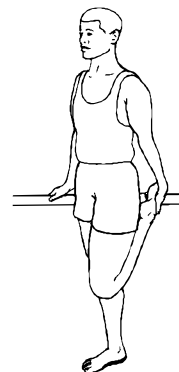
For a variation of this stretch, cross right leg *in front of* the left leg.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER LEG - 2 Quadriceps

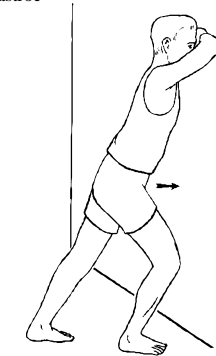
Pull heel toward buttocks until stretch is felt in front of thigh. Hold \_\_\_\_ seconds. Repeat with other heel.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER LEG - 9 Achilles / Gastro

With back leg straight, move hips forward until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other leg.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.