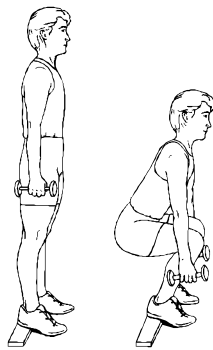


LEGS: GLUTS - 2 Squat

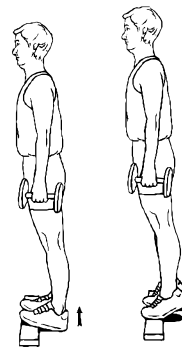
Standing on board with back straight and head looking upward, bend knees until thighs are parallel to floor.



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

LEGS: CALVES - 3 Standing Heel Raise

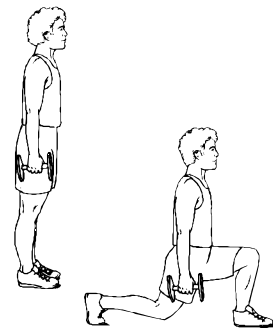
Standing on board with knees locked, rise up on toes as high as possible.



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

LEGS: GLUTS - 4 Lunge

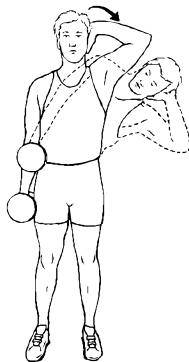
With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor. Return and alternate legs.



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

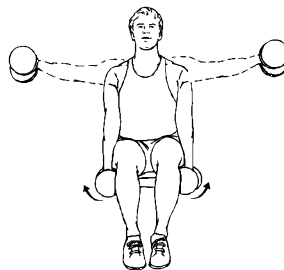
ABS - 15 Side Bend

With feet shoulder-width apart, bend sideways as far as possible, then return to straight back position. Complete all repetitions to one side, then repeat to other side.



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

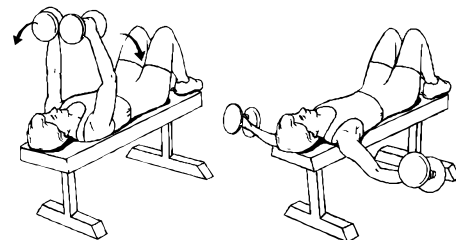
SHOULDERS - 9 Seated Lateral Deltoid Raise



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

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

CHEST - 13 Bench Fly



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

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

SHOULDERS - 1 Standing Press

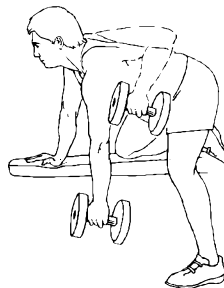
With palms facing ears, press to straight arm position, rotating palms to face forward at top of movement.



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

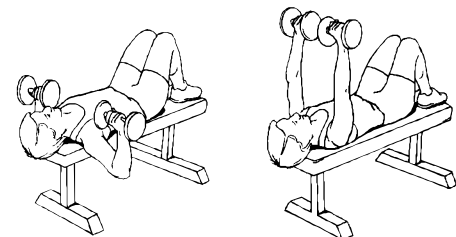
BACK: LATS - 1 One Arm Bent-Over Row

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



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

CHEST - 3 Bench Press

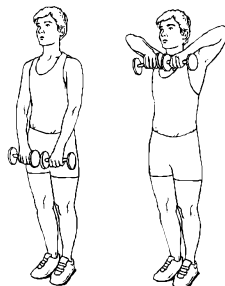


From starting position with dumbbells at chest level, press to straight arm position.

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

BACK: TRAPS - 2 Upright Row

Keeping dumbbells close together, pull dumbbells to chin, keeping elbows high.

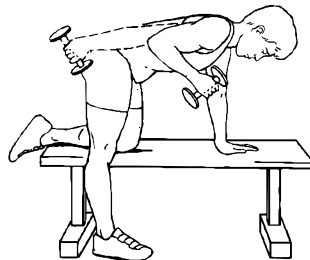


Complete \_\_\_\_ repetitions.  
Do \_\_\_\_ sets.

ARMS: TRICEPS - 1 Bent-Over Kickback

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

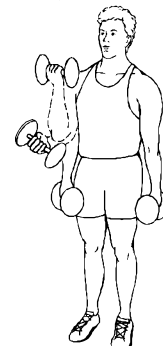
Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.



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.

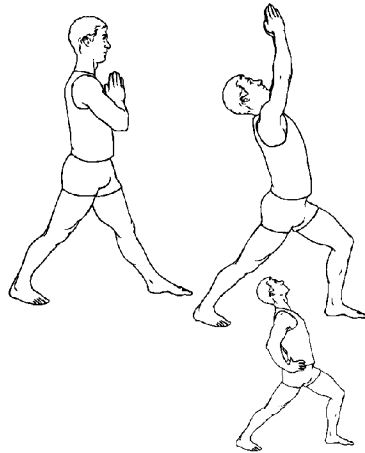


YOGA - 8 Warrior I

In wide stride, rotate back leg out 20°, grounding foot, hands in prayer position in front of chest. Bend front leg 90°. Reaching over head, look up.

Hold for 5 breaths. Repeat, other leg forward.

*BEGINNER: Support body with hands on hips.*

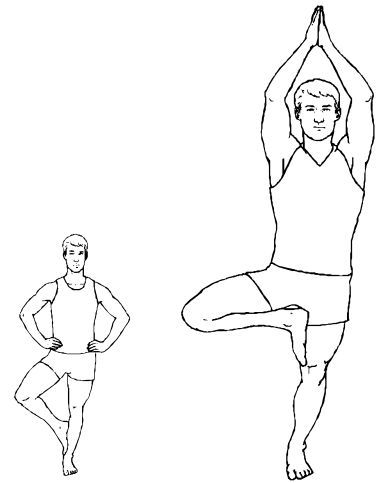


YOGA - 2 Tree Pose

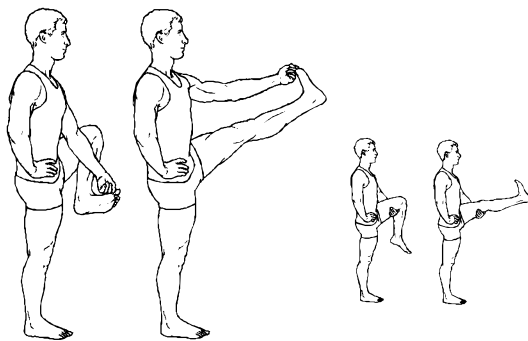
Stand on one leg. Place foot of other leg on inside of thigh. Rotate knee to side. Hands in prayer position, reach arms over head.

Hold for 5 breaths. Repeat on other leg.

*BEGINNER: Place foot on calf, hands at chest or on hips.*



YOGA - 12 Standing Toe Lock

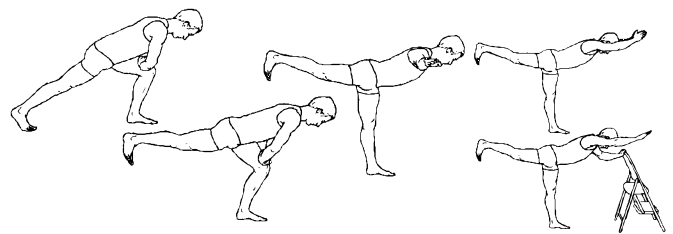


Standing erect, grasp big toe and extend leg to front. Keep both legs straight.

Hold for 5 breaths. Repeat on other leg.

*BEGINNER: Hold back of thigh.*

YOGA - 10 Warrior III



In forward lunge, hands on front thigh, shift onto front leg, lifting back leg in line with torso. Straighten standing leg, reaching arms out to sides for balance.

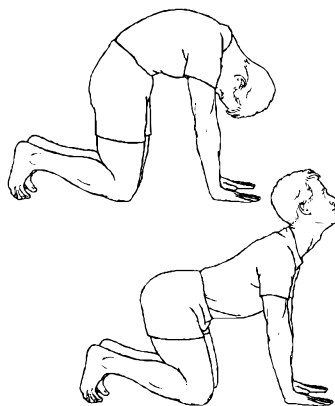
Hold for 5 breaths. Repeat, other leg forward.

*BEGINNER: Hold onto support with one hand.*

*ADVANCED: Reach arms forward.*

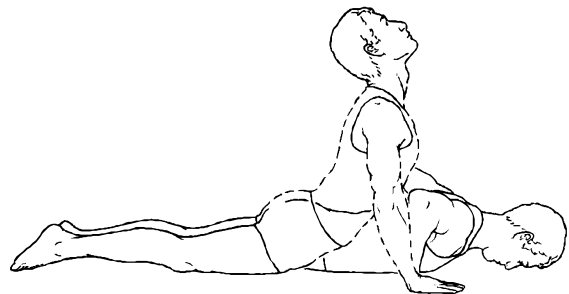
YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.



Hold for 8 breaths.

YOGA - 32 Cobra



Lie prone, face down, hands next to middle of chest. Inhale and press up torso in back arch. Keep long curve in neck, shoulders down, and buttocks engaged to protect lower back.

Hold for 8 breaths.

*BEGINNER: Keep hips on floor; straighten arms halfway.*