



Seated Leg Extension



Bicep Curl



Squat with Arm Raise



Cross Body Reach



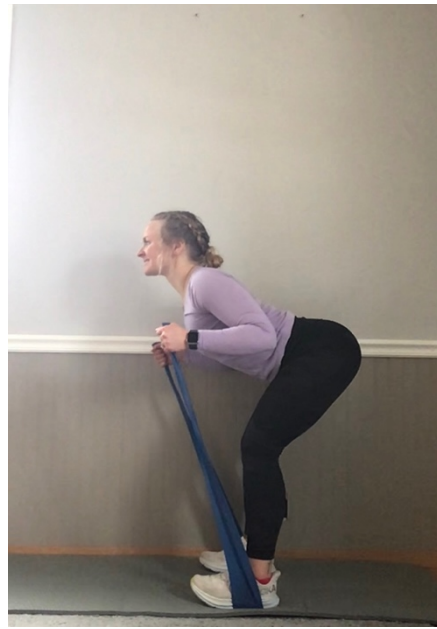
Lateral Arm Raise



Forward Shoulder Flexion



Upright Row



Standing Hip Extension  
"Good morning"



Standing Hip Abduction



Stu

W to Overhead Press



Standing Core Twist



Triceps Kickback



Resisted Calf Raise



Resisted Lunge



Hip Bridge