

Exercises

Lower body:

Quad/Hamstrings: choose 1 exercise, or a mix of 2-3 sets of any of the below:

Squats: body wt. or goblet squat

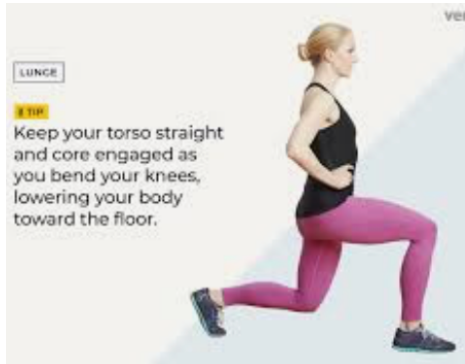


Hamstrings/ Glutes: choose 1 exercise, or mix of 2-3 sets of any of the below.

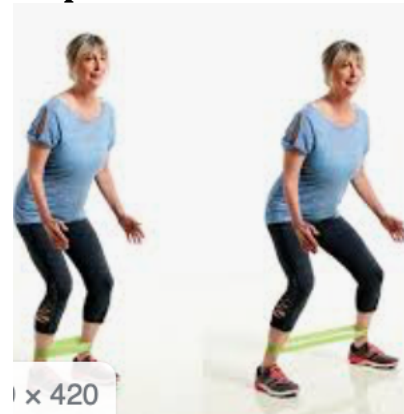
Glute bridge: 2 legged or single legged (harder)



Lunges: more advanced exercise.: walking, front, back



***abductor:* (outer thigh - Side step with mini band**



Dead Lift(straight leg, don't lock knees –hamstrings/glutes



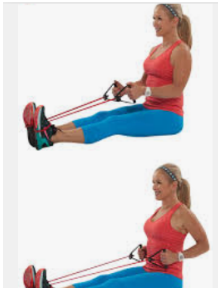
Upper Body

Push Ups/chest press DB

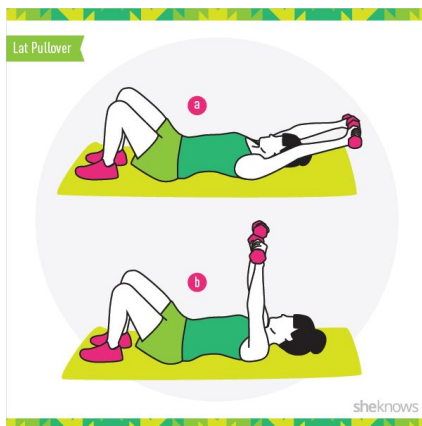


Upper back: Row

seated or bent over row; 2-3 sets

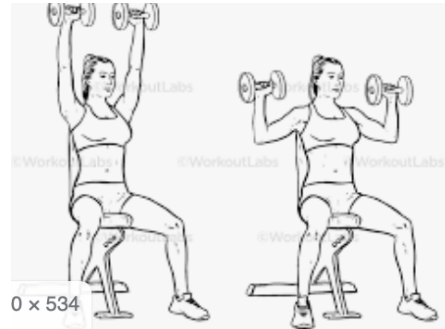


Back: Lat. muscles(side of your torso) 2-3 sets



Shoulders

Seated shoulder press-



Biceps: curls with dumbbells



Triceps:

triceps dips on floor or chair



Core

Dead bug



Russian Twist



plank

