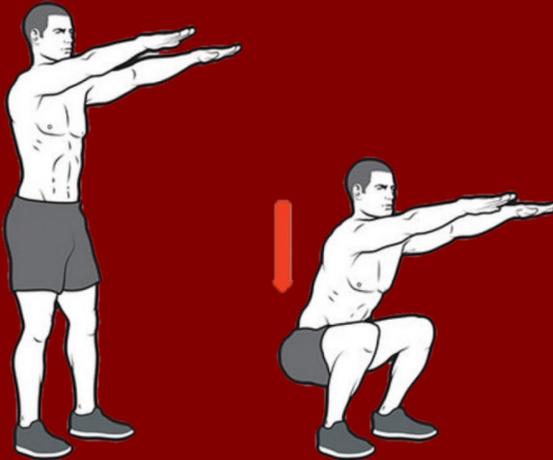


LEG EXERCISES



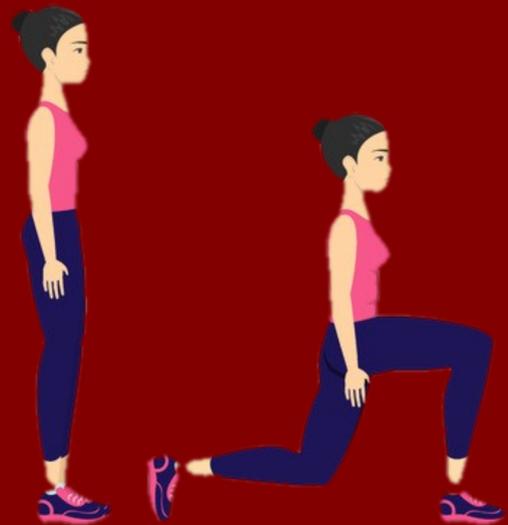
BODYWEIGHT SQUATS



1. Stand tall with feet hip-width apart
2. Hinge at hips and push butt back and down to lower into a squat
3. Keep the chest lifted and abs tight. Push through heels to return to standing position
4. Perform 8-10 repetitions for 3 sets

LUNGES

1. Stand tall with feet hip-width apart.
2. Take big step forward with right leg, shifting weight onto foot
3. Lower body until right thigh is parallel to the floor. If possible, lightly tap left knee to the floor
4. Press with right heel to return to starting position
5. Repeat on other side
6. Perform 6-10 repetitions on each side for 3 sets



CALF RAISES



1. Stand with legs shoulder width apart, if you need support, hold onto sturdy chair
2. Slowly raise heels until all of your body weight rests on the front of feet, you do not need to raise them all the way
3. Slowly bring heels back to the ground
4. Perform 10-15 repetitions for 3 sets

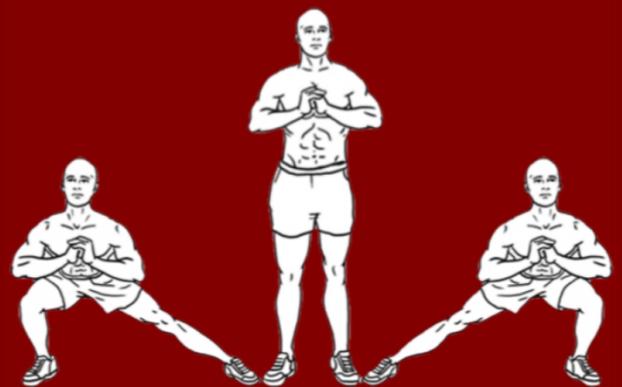
SQUAT-CROSS KNEE-UP



1. Stand up straight with hands behind head.
2. Lift left leg and move right arm towards center of body so the knee and elbow touch.
3. Squeeze abs when rotating upper body. Repeat with right leg and left arm
4. Add a squat between each rotation
5. Perform 8-10 repetitions on each side for 3 sets

LATERAL LUNGES

1. Start with feet shoulder-width apart toes pointed straight forward
2. Step out with left foot as wide as possible. Bend left knee as you push hips back and keep feet flat throughout
3. Push off with left leg back to starting position
4. Repeat on the other side
5. Perform 8-10 repetitions on each side for 3 sets



STEP-UPS



1. Stand in front of a small stool or stairs with back straight and core tight
2. Push primarily with right foot and lift your body up onto the step, keeping back straight, core tight, and feet planted entirely on the step
3. Step backward to starting position
4. Repeat with left foot
5. Perform 5-8 repetitions for each foot for 3 sets