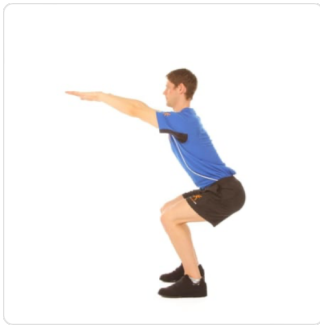
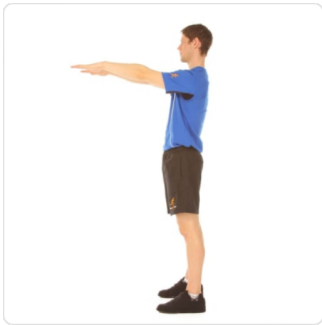
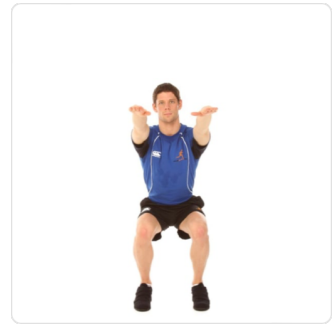
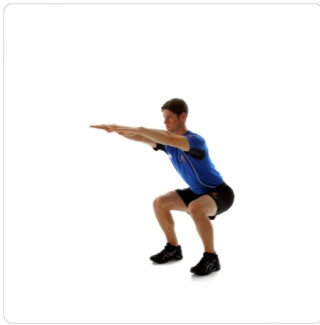
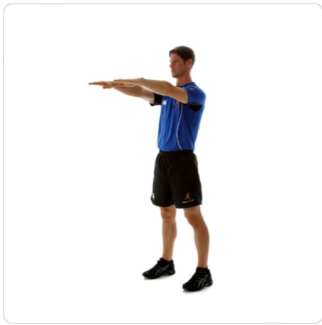


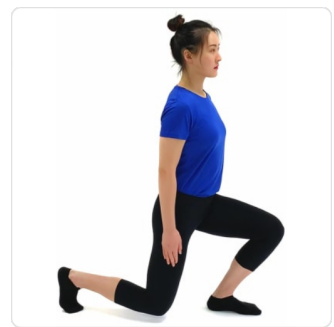
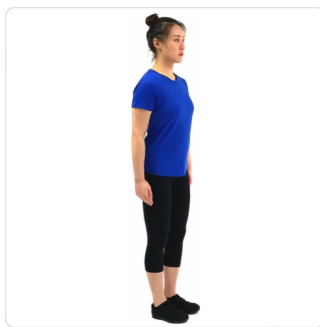
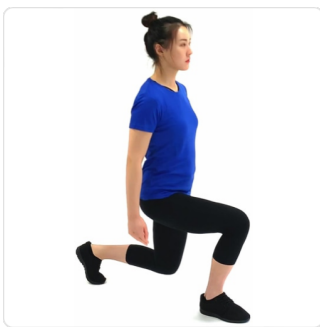
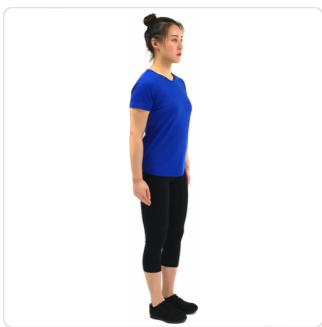
Squat



Description

- Stand with your feet shoulder width apart and your arms outstretched
- Lower the hips back as though to sit on a chair
- Drive the hips forward and up to standing

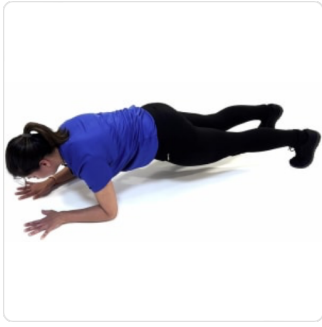
Lunge



Description

- Stand with your arms across your chest
- Take a large step forward and lower your body toward the floor keeping the knee above the floor
- Drive the hips up to standing

Diaphragm Breathing with Front Plank



Description

- Start in a plank position
- Take a slow long breath inwards, letting your abdomen and lower ribs expand as your stomach fills
- As you breathe out, allow your ribs and stomach to deflate

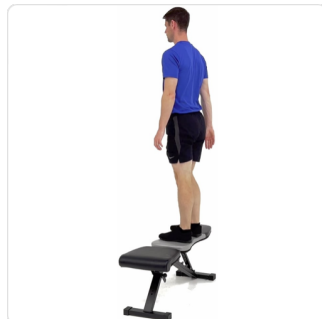
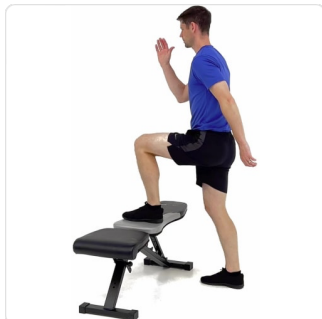
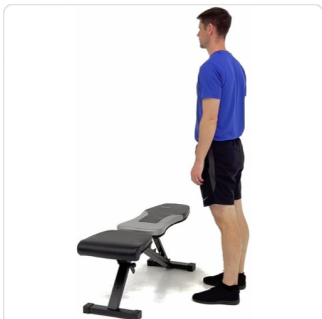
Single Leg Romanian Deadlift with Dumbbell



Description

- Stand on one leg holding a dumbbell in the opposite hand
- Lower the hips back keeping your back straight and push the other leg behind you
- Lower the dumbbell towards the standing foot drive, then the hips forward into standing

Step Ups onto Bench



Description

- Stand with a bench in front of you
- Raise one foot onto the bench and step onto the bench
- Step back down off the bench and repeat the exercise with your other leg