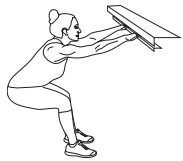
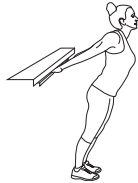


## STRETCH

**Back Stretch**



**Chest Stretch**



**Hamstring & Calf Stretch**



**Quad Stretch**



**Shoulder Stretch**



Drop arm across body.  
Apply pressure above elbow.

**Side Stretch**

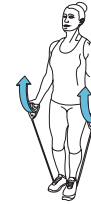


**Tricep Stretch**



## UPPER BODY

**Bicep Curl**



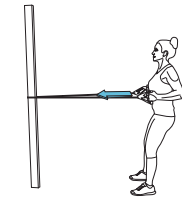
Contract / Extend  
from elbow only

**Shoulder Press**



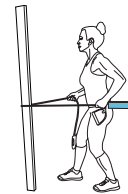
Slow up  
Slow Down

**Rows**



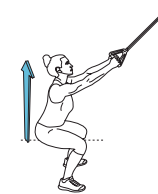
Elbows close  
to body

**Tricep Push Back**



Push back from  
elbows 10 each arm

**Resistance Squat**



Slow up  
Slow Down

**Chest Press**



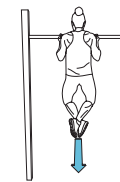
Push straight  
forward

**Tricep Stretch**



Back hands wide

**Chin Ups**



Biceps. Change  
grip. Hands narrow.

## LOWER BODY

### Tap Down



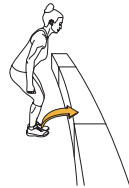
Knees Bent.  
10 each leg.

### Step Up



Entire foot on wall.  
10 each leg.

### Jump Up



Feet together.  
Land square on wall.

### Tricep Dip



Hands close to body.  
Body close to wall.

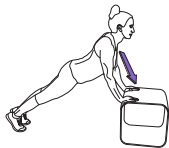
## PUSH UPS

### Beginner Tricep Push Up



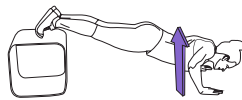
Hands / Elbows  
in close

### Advanced Tricep Push Up



Hands / Elbows  
in close

### Advanced Decline Tricep Push Up



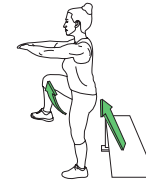
Feet elevated.  
Hands wide or narrow

## BALANCE

### Sit & Run

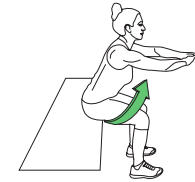


### Sit to Stand



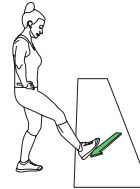
Alternate knee lifts

### Sit to Stand



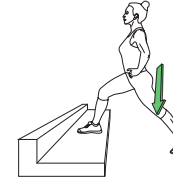
Chest & eyes up. Push up  
through heels. Slow return  
with weight through heels.

### Heel Digs



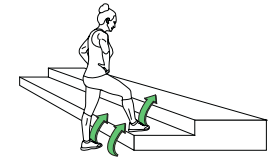
Alternate feet

### Step Back Lunge



Start on step. Step back  
& lunge. Alternate legs.

### Double Step Up



Right leg leads.  
Up Up Down Down.  
Left leg leads.

## REMEMBER

- Tummy tight
- Back straight
- Eyes up
- Breathe evenly throughout all the exercises