

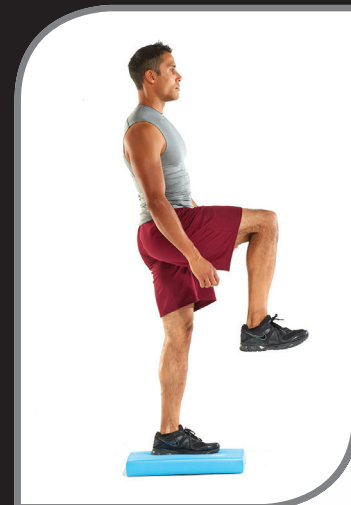
EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

FRONT LUNGE KNEE LIFT



Start: Stand and position one foot in front of body on top of pad and opposite foot behind body hip-width apart with heel off floor. Bend legs with upper body upright and arms extended along sides of body.

Finish: Straighten front leg and bring back leg knee up and forward in front of hip with upper leg parallel to floor. Return to start and repeat.

SIDE LUNGE KNEE LIFT



Start: Stand and position one foot away from side of body on top of pad and straighten leg. Position opposite foot slightly outside of hip-width and bend leg, hinge slightly forward at the hips with arms bent along sides of body.

Finish: Straighten and push off bent leg then bring knee up and forward in front of hip with upper leg parallel to floor. Return to start and repeat.

SINGLE LEG SQUAT AND REACH



Start: Stand and position one foot on top of pad and straighten leg with body upright and arms straight along sides of body. Bend opposite leg, lift foot off floor and balance.

Finish: Bend balance leg while hinging forward at the hips and reach down and forward with arm opposite that of balance leg. Return to start and repeat.

SINGLE LEG STRAIGHT DEADLIFT



Start: Stand and position one foot on top of pad and straighten leg with body upright and arms straight along sides of body. Bend opposite leg, lift foot off floor and balance.

Finish: Keep a slight bend in front leg while hinging forward at the hips and reaching down directly below same side shoulder with arm opposite that of balance leg. Return to start and repeat.

TRUNK CURL



Start: Lie flat on back on top of pad with legs bent and feet flat on floor. Bend arms place hands behind head for support.

Finish: Press low back into top of pad, curl upper body up and forward toward legs while lifting shoulders off pad. Return to start and repeat.

PUSH UP



Start: Place hands on top of pad shoulder-width apart and straighten arms with balls of feet on floor hip-width apart and body straight.

Finish: Balance on one arm, place opposite hand on floor, bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat in opposite direction.

