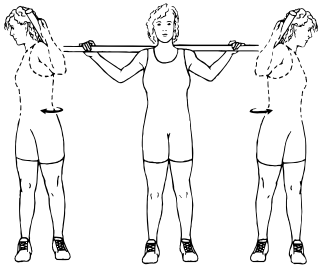
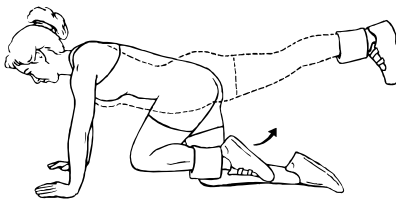


ABS - 39 Trunk Twist



Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.  
 Do 3 sets. Complete 15 repetitions.

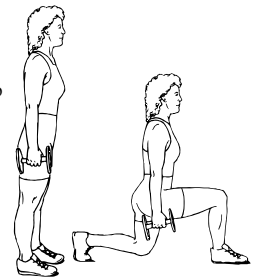
LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.  
 Do 3 sets. Complete 15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

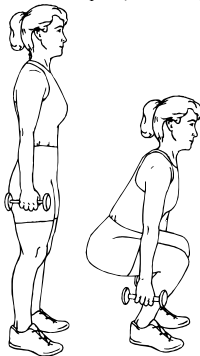
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 3 sets.  
 Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

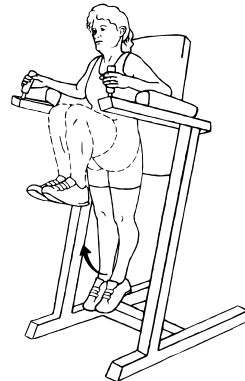
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 3 sets.  
 Complete 12-20 repetitions.

ABS - 33 Knee Raise

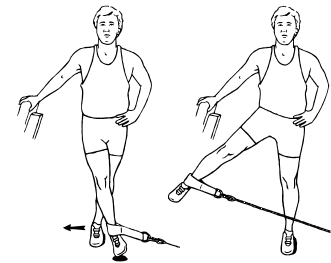
Tighten abdominals and bend legs, pulling knees toward chest.



Do 3 sets.  
 Complete 10-12 repetitions.

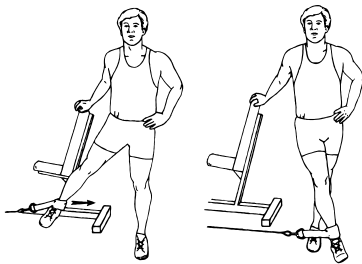
LEGS: GLUTES / THIGHS - 33 Leg Abduction: Standing (Cable)

Holding support, sweep leg outward away from body.  
 Do 3 sets. Complete 10-12 repetitions.



LEGS: GLUTES / THIGHS - 37 Leg Adduction: Standing (Cable)

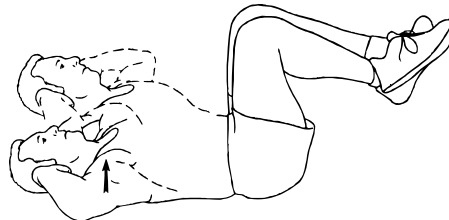
Holding support, sweep leg inward across body.  
 Do 3 sets. Complete 10-12 repetitions.



ABS - 12 Crunch: Raised Leg

Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

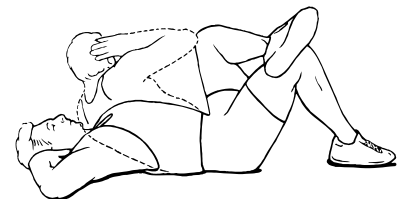
Do 3 sets. Complete 15-20 repetitions.



ABS - 16 Sit-Up: Twist - Bent Leg

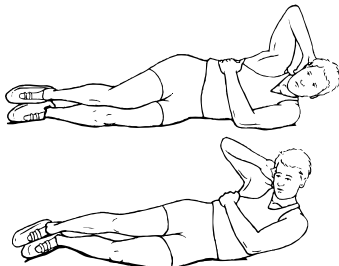
One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 3 sets. Complete 15-20 repetitions.



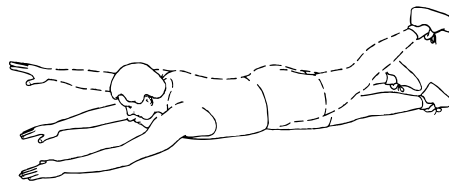
ABS - 18 Crunch: Side

With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.  
 Do 3 sets. Complete 12-15 repetitions.



BACK: LOW - 1 Leg / Arm Lift: Alternating

Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.  
 Do 3 sets. Complete 12-15 repetitions.



BACK: LOW - 10 Extension: Incline

Bent at hips, back straight, hands crossed on chest, raise torso until in line with legs.

Do 3 sets.  
 Complete 12-15 repetitions.

