

STEP 1



STEP 2



Wall Squat

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Squat

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



Single Leg Lunge with Foot on Bench

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a wide staggered stance position with your back foot resting on a bench.

Movement

Bend your front knee, lowering your body into a lunge position, then return to standing and repeat.

Tip

Make sure to keep your abdominals tight and do not let your knee move forward past your toe or collapse inward during the exercise.

STEP 1



STEP 2



Squat to Heel Raise

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a standing upright position.

Movement

Squat down, bending your knees and hips, then stand up and raise your heels off the ground as if you were going to jump. Repeat.

Tip

Make sure to keep your back straight and do not let your knees move forward past your toes during the exercise.

STEP 1



STEP 2



Knee Tap Squat

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a standing upright position directly in front of a small platform. Lift one leg behind you at a 90 degree angle.

Movement

Slowly bend your standing leg, lowering yourself to the down until your bent knee lightly touches the platform. Then raise yourself back into the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your knee collapse inward during the exercise.

STEP 1



STEP 2



Jump Lunges

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a lunge position.

Movement

Jump straight upward and switch the position of your legs, landing back in a lunge position. Continue these jumps, alternating your legs each time.

Tip

Make sure to keep your back straight and do not let your knees collapse inward or move forward past your toes as you land in the lunge.