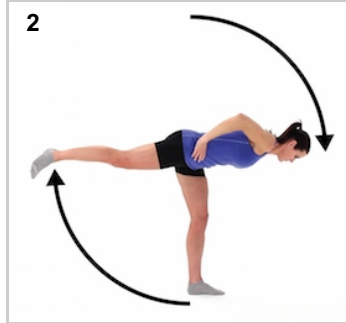


Forward T

REPS: 10

SETS: 3

HOLD: 5



Setup

Begin in a standing upright position with your hands resting at your waist.

Movement

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

Tip

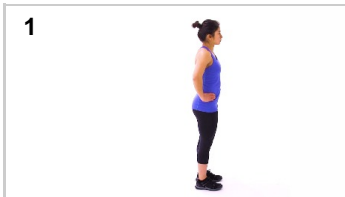
Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

Reverse Lunge

REPS: 10

SETS: 3

HOLD: 5



Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step backward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

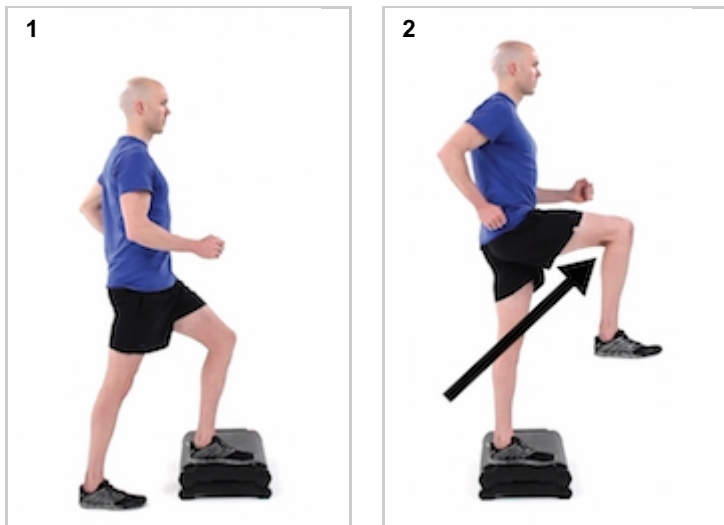
Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

Runner's Step Up/Down

REPS: 10

SETS: 3

HOLD: 5



Setup

Begin in a standing position with one foot resting on a platform or step in front of your body.

Movement

Slowly step up, raising your knee to a 90 degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.

Tip

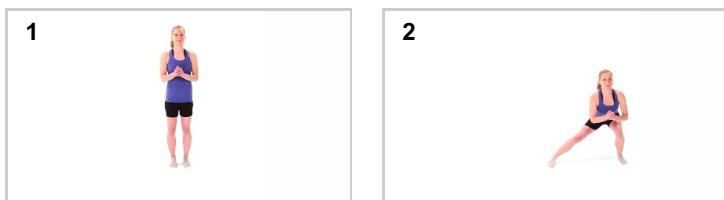
Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

Lunge Matrix

REPS: 10

SETS: 3

HOLD: 5



Setup

Begin in a standing upright position.

Movement

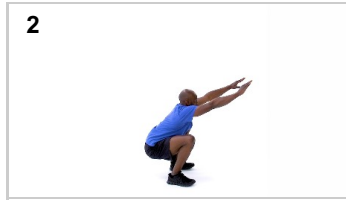
Take a large step forward and lower yourself into a lunge position, then carefully return to the starting position. Repeat this motion stepping sideways, and then backward.

Tip

Make sure to keep your trunk steady and do not to let your knee collapse inward as you lunge.

Deep Squat with Arms Overhead

REPS: 10	SETS: 3	HOLD: 5
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Setup

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

Movement

Bending at your knees and hips, squat down as far as you can. You can raise your arms up to help you balance.

Tip

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward past your toes during the squat.