Exercises





Quad Stretch



Star Jumps



Push Ups



SPlits



Overhead Squats



Leg Stretch



Leg Lifts



Side Lunge



Sumo Squats



Knee Bends

6 | 7 | 8 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17||18||19||20|

 25
 30
 35
 40

 45
 50
 55
 60

 65
 70
 75
 80

 85
 90
 95
 100



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