KNEELING ROTATION
SINGLE LEG SQUAT & REACH
SINGLE LEG SQUAT & LIFT
SINGLE LEG SQUAT
SINGLE LEG SQUAT & JUMP
REVERSE FLY (WITH TUBING*)
REVERSE FLY (WITH TUBING*)
CHEST PRESS (WITH TUBING*)
SINGLE LEG SQUAT & REACH
SINGLE LEG LATERAL HOP
SINGLE LEG LATERAL SQUAT JUMP
SINGLE LEG LATERAL HOP
DUAL LEG SQUAT JUMPS
DUAL LEG SQUAT JUMPS
LEG LIFT
LEG RAISE
LEG RAISE
LEG RAISE

**TUBING AND MEDBALL NOT INCLUDED

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Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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PERFORMANCE              POWER
FOUNDATION              BALANCE                                        STRENGTH                                                                                                                          FLEXIBILITY

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