

Exercise	Weight	Sets/Reps	Weight	Sets/Reps	Weight	Sets/Reps
Strength Training — Lower Body						
Squat						
Lunge						
Standing Leg Adduction (Inner Thigh)						
Standing Leg Abduction (Outer Thigh)						
Standing Calf Raise						
Strength Training — Upper Body						
Seated Row						
Reverse Fly						
Push-Ups						
Chest Press						
Bicep Curl						
Overhead Tricep Extension						
Upright Row						
Shrug						
Front Raise						
Lateral Raise						
Core Strengthening						
Pelvic Tilt						
Bridge						
Crunch						
Supine Reverse Crunches						
Oblique Crunch						
Seated Trunk Rotations						
Superman						
Bird Dog (Alternating Arm And Leg Lifts)						
Plank						
Stretching						
Quadricep Stretch						
Hamstring Stretch						
Thigh (Adductor) Stretch						
Calf Stretch						
Back Stretch						
Chest/Bicep Stretch						
Tricep Stretch						
Shoulder Stretch						
Overhead Reach						
Abdominal Stretch						
Lat Stretch (Child's Pose)						
Lower Back Stretch						