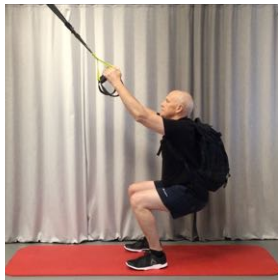
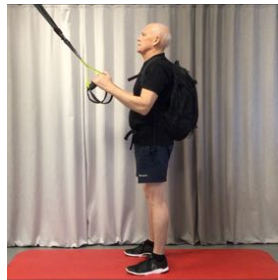


Exercise: Squats

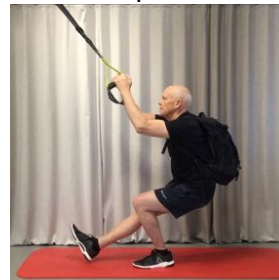
Start position



End position

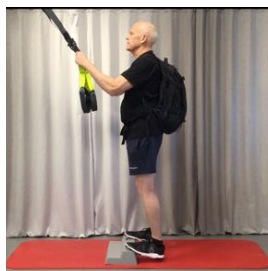


Progression: one-leg
squat

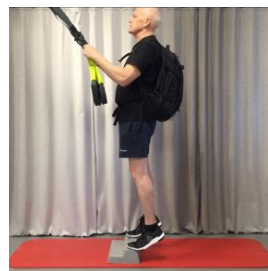


Exercise: Calf Raises

Start position



End position

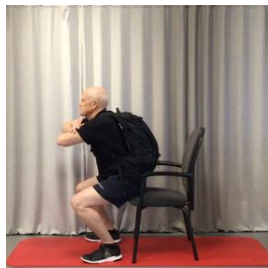


Progression: raises
from high stand

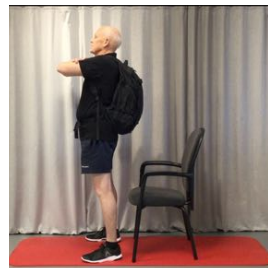


Exercise: Chair Stands

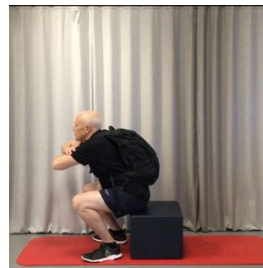
Start position



End position

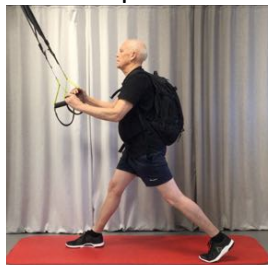


Progression: lower
seat

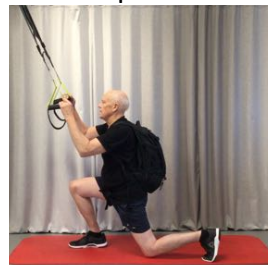


Exercise: Half Lunges

Start position



End position



Progression: none

Exercise: Biceps Rowing
Start position



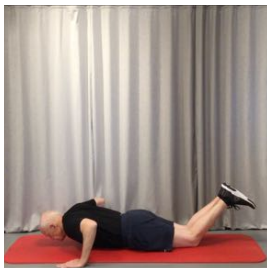
End position



Progression: increase leaning angle



Exercise: Push-ups
Start position



End position



Progression: toe-stand



Exercise: Bridges
Start position



End position



Progression: one-leg bridges

