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