

EXERCICES



Single Leg Squat



Leg Calf Raise



Squat



Step up / Step Down



Bent knee press up



Press Up



Tricep Dips



Crunch sit



Crunch with twist



Leg lift



Scissors kicks



Stretch calf



Stretch hamstring



Stretch groin



Stretch shoulder



Massage calf



Massage hamstring



Massage quad



Massage I T band



Bend over pull



Front raise



Lateral side raise