

## Single Leg Squat (Chair) Can do onto bed or onto chair with staggered legs

Sets: 3 | Reps: 8

### Preparation:

- Stand on one foot in front of a chair or bench as shown

### Execution:

- Perform a single leg squat to the depth of the chair or bench



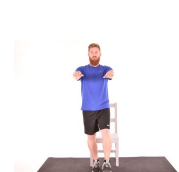
Start Position



Squat on one leg with good form



End at the depth of the chair or bench



Start Position



Lower with control



End at the depth of the chair or bench

## Lunge (Dumbbell)

Sets: 3 | Reps: 8

### Preparation:

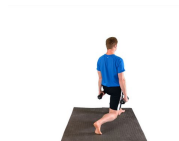
- Stand with good posture
- Hold dumbbells at sides

### Execution:

- In a single movement, step around and into a lunge
- Now return to the start position in a single movement



Start position



Step around and into a lunge



Return to start



Repeat to opposite side

## Push-Up (Wall)

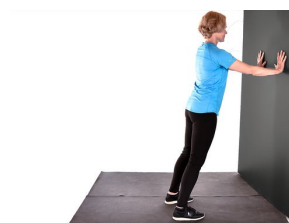
Sets: 3 | Reps: 8

### Preparation:

- Stand facing a few feet away from a wall
- Place hands on wall at shoulder height, elbows slightly bent

### Execution:

- Lean forward allowing your elbows to bend and move outward until your nose is near the wall
- Push yourself back from the wall using your arms



Head up, belly button pulled in, hands just below shoulder height



Bend elbows and move body towards the wall, keep torso straight

## Calf Raise | Single Leg (Chair)

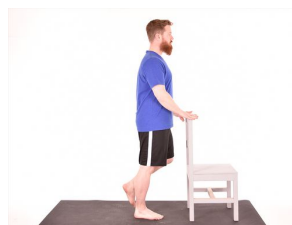
Sets: 3 | Reps: 8

### Preparation:

- Stand holding a chair as shown
- Stand on one foot

### Execution:

- Stand on your tip toes, lifting your heel as high as you can



Start Position



Stand on tip toes

## Multidirectional stomp or dance or to a song

Sets: 5 | Reps: 10x ea leg | Rest: 1min

Stomp/step: different/varied directions

