

1. Chair Squat (Chair)



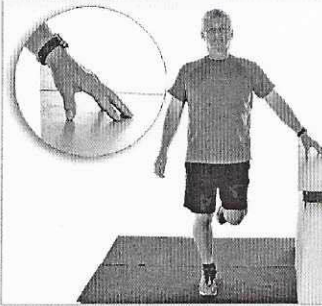
2. Split Squat



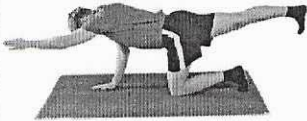
3. Step Up



4. Single Leg Balance at counter with fingertip support



5. Four Point + Arm and Leg Raise



6. Bridge | Arms Flat

