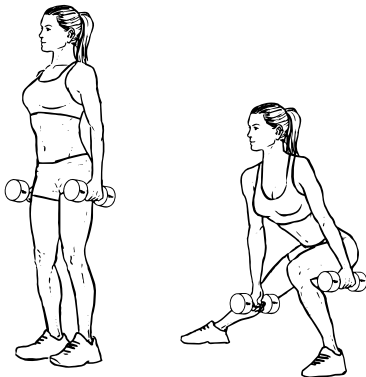
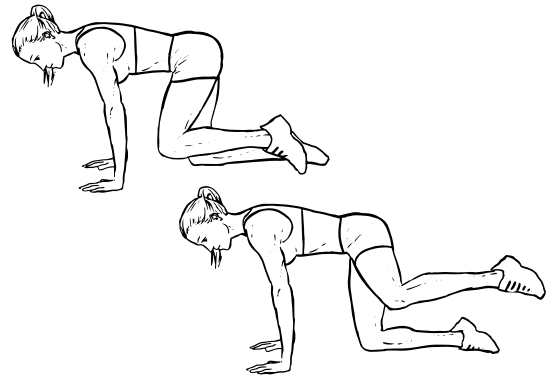


Dumbbell Side Lunge



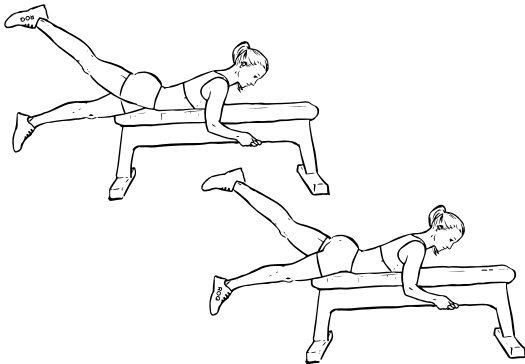
2 sets 15 reps

Fire Hydrants



2 sets 15 reps

Flutter Kicks



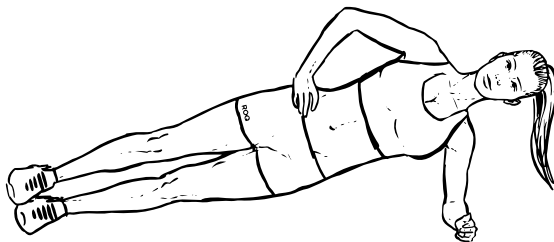
2 sets 15 reps

Weighted Twist



2 sets 25 reps

Side plank



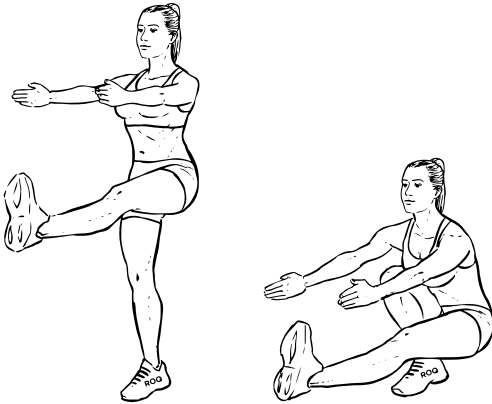
2 sets 30 seconds

Reverse Crunch



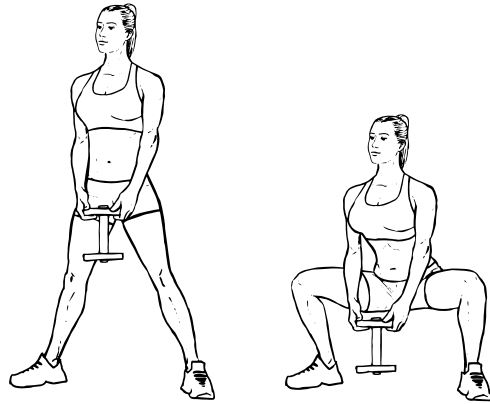
2 sets 25 reps

Pistol Squats



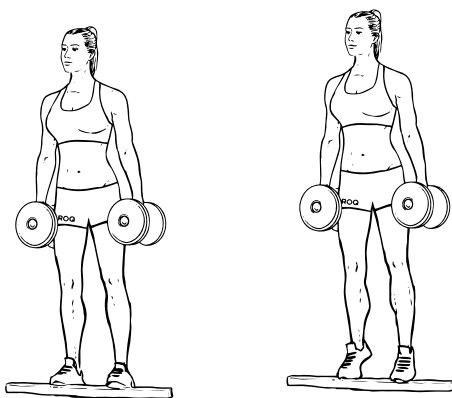
2 sets 15 reps

Plié / Sumo Dumbbell Squat / Deadlift



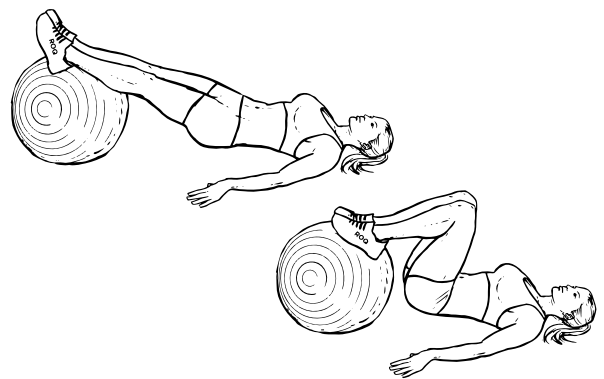
2 sets 15 reps

Standing Dumbbell Calf Raise



2 sets 20 reps

Swiss Ball Leg Curl / Hip Raise



2 sets 15 reps