



1

Chest Press

Walk out so you can feel the resistance and position your feet staggered. Keep your core engaged and a slight bend in your elbows, press out and fully extend your arms while focusing on your chest muscles.



2

Glute Kickbacks

Take your left leg and slowly raise it off the floor while keeping it extended and press back while squeezing your glutes



3

Scissors

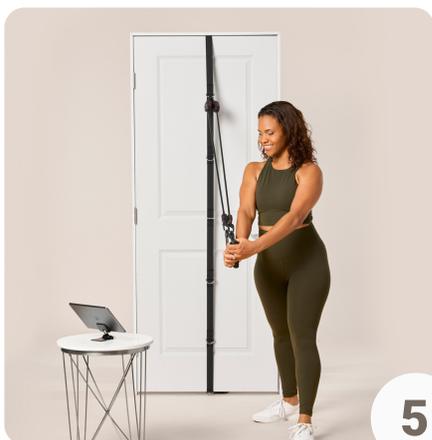
Laying down on your back with your hands under your butt, extend your legs and lift them off the floor, slowly flutter your feet back and forth while adding a little resistance.



4

Serving Tray

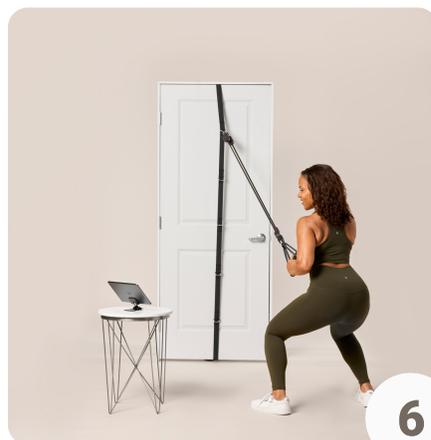
Keep your core engaged and a slight bend in your elbows, press out and fully extend your arms into a serving tray position and retract back in.



5

Trunk Rotations

Facing to the left side, take a step away from the anchor point. Now stack your hands on the handle, Perform a squat and slowly twist bringing the handles towards the floor while keeping your core engaged while keeping your arms extended.



6

Squat to row

Take a step back and shoulder width-apart. Keeping your arms extended squat down and pull your arms in to perform a row at the exact same time. Squeeze your back and shoulders and return to the top.