**HIP: HIP FLEXORS**

**Knee Raise**

Holding stable object, raise right knee to hip level, then lower knee back down to the ground. Repeat with other knee.

Complete 8-15 repetitions.
Do 1-3 sets.

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**SIDES: OBLIQUES**

**Side Bend**

Stand with feet shoulder width apart, knees soft. Exhale and slowly slide one arm toward floor. Inhale and return to starting position.

Complete 8-15 repetitions.
Repeat with other side.
Do 1-3 sets.

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**CHEST/ARMS: PECS AND TRICEPS**

**Wall Push-Up**

Stand around 2-4 feet from the wall with hands on wall shoulder width apart. Inhale and bend arms moving face close to the wall. Exhale and return to starting position.

Complete 8-15 repetitions.
Do 1-3 sets.