



EXERCISE SEQUENCE



Complete this sequence with or without weights (added resistance) to build strength, balance, and flexibility



Wide Leg Squat



Standing Leg Curl



Knee Extension



Side Hip Raise



Biceps Curl



Seated Row



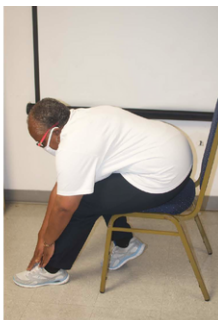
Overhead Press



Toe Stand



Tree Stand Figure Four



Pyramid



Half Moon

Back Scratch Stretch



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