

Stretch



Inner Thigh Stretch



Single Leg Hamstring Stretch



Kneeling Hip & Quad Stretch



90/90 Stretch



Kneeling Lat Stretch



Kneeling Chest Stretch

Balance



Single Leg Balance



Single Leg Balance
with Reach



Step Up to Balance



Single Leg Balance
with Excursion



4-Point Stance - Diagonal



Push Up to Balance

Core



Front Plank



V-Sit



Glute Bridge



Kneeling Back
Extension



Kneeling Wood Chop



Side Plank

Strength



Deep Squat



Lunge



Push Ups



Lateral Lunge



Wide Stance
Squat



Bent Over Row



Deadlift



Kneeling Shoulder Press



Tricep Dips



Side Raise



Bicep Curl



Front Raise

Massage



Hamstring Massage



Quad Massage



Outer Thigh Massage



Calves Massage



Lower Back Massage



Back Relaxer