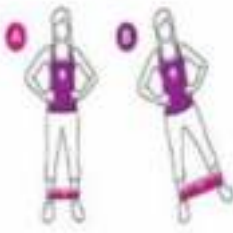


Standing Leg Abductions



Standing Hip Extensions



Seated Bicep Curls



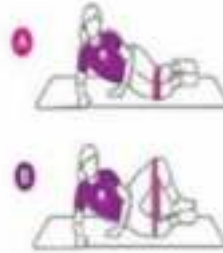
Standing Hamstring Curls



Overhead Outward Push



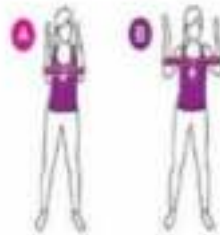
Lying Bent Leg Abduction



Leg Curl Prone



Scapular Retraction



Lying Lateral Leg Raises

