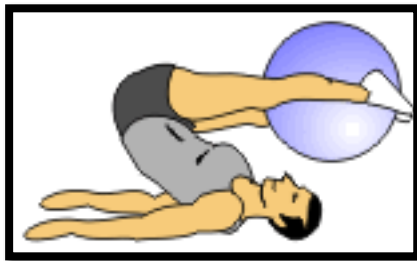


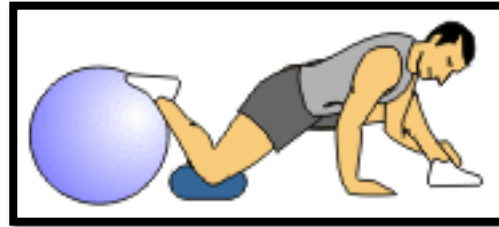
DYNAMIC STRETCHING POSTURE EXERCISES & BALL ROUTINE



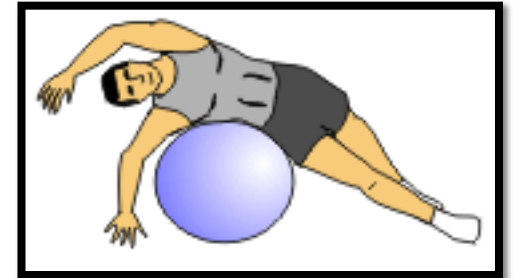
G Ball Saw



G Ball Rollover



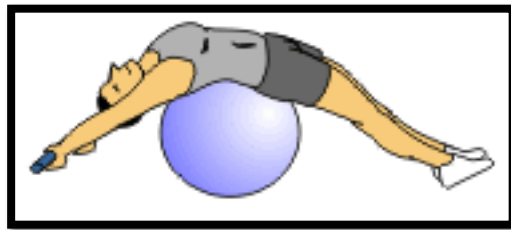
G Ball Quad/Psoas Reach



G Ball Side Lying Reach



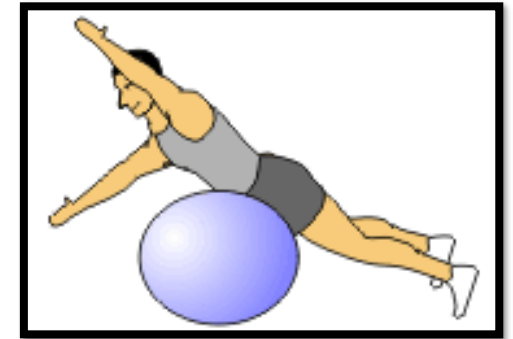
G Ball Hip Flexor



**G Ball/Bar
Abdominal Reach**



G Ball Spine Twist

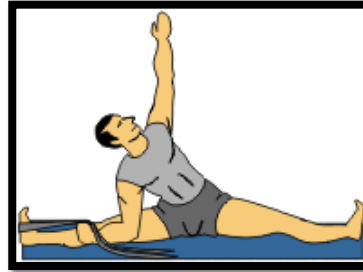


G Ball Swimming

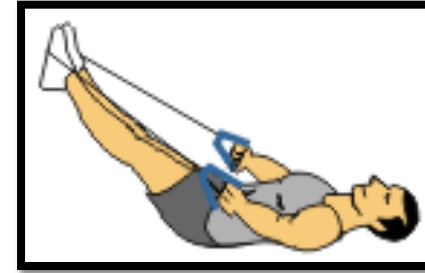
DYNAMIC STRETCHING POSTURE EXERCISES STRETCH STRAP ROUTINE



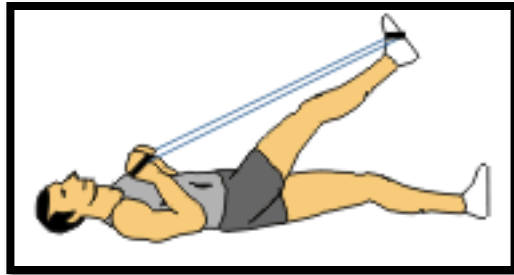
**Stretch Strap Seated
Side Bend 1**



**Stretch Strap Seated
Side Bend 2**



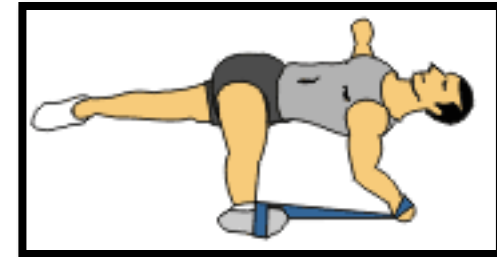
**Stretch Strap Supine
Double Hamstring**



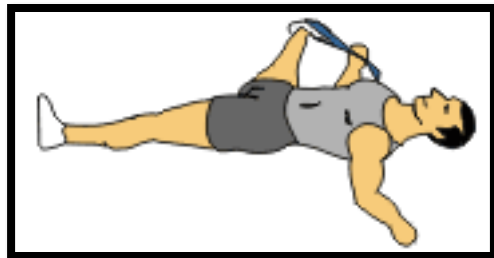
**Stretch Strap Supine
Hamstring 1**



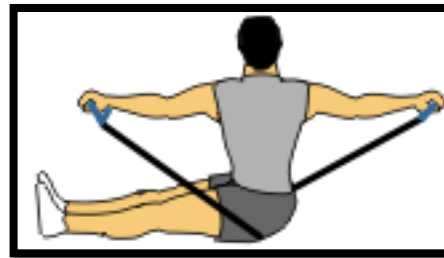
**Stretch Strap Supine
Hamstring 2**



**Stretch Strap Supine
Abductor 1**



**Stretch Strap Supine
Abductor 2**



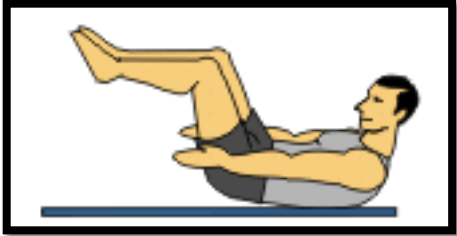
**Stretch Strap
Spine Twist**



**Stretch Strap Seated
Forward Bend**

POSTURE STRENGTH BODYWEIGHT EXERCISES ROUTINE

1



Pilates Hundred Exercise 1



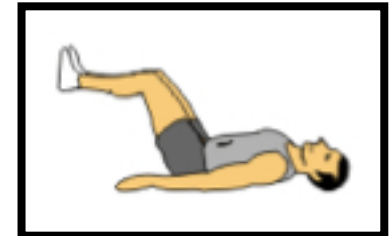
Single Leg Side Kick



Bodyweight Squats



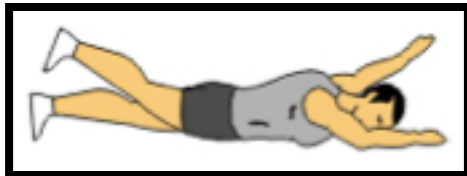
Wall Sit



Double Leg Press Out



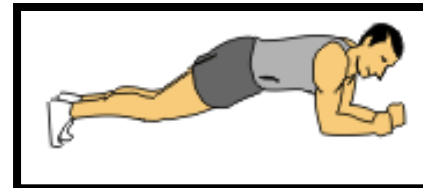
V-Ups



Alternating Superman



Straight Leg Pendulum



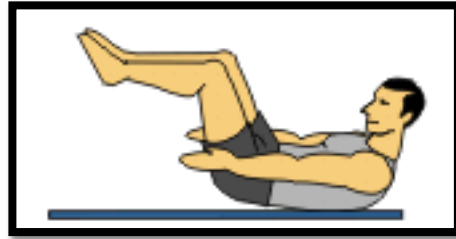
Down & Up Front Plank



**Side Plank—
Arm Straight**

**POSTURE STRENGTH BODYWEIGHT - 10 MINUTE SUPERSET .
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.**

Workout 1



Pilates Hundred Exercise 1



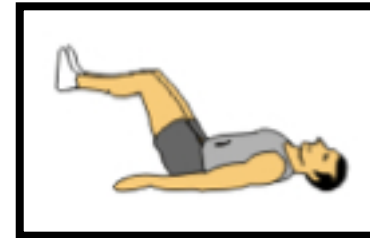
Single Leg Side Kick



Bodyweight Squats



Wall Sit



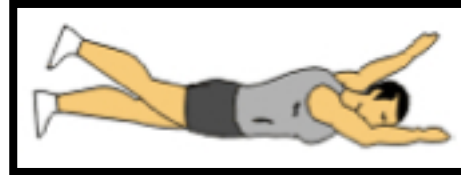
Double Leg Press Out

**POSTURE STRENGTH BODYWEIGHT - 10 MINUTE SUPERSET .
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.**

Workout 2



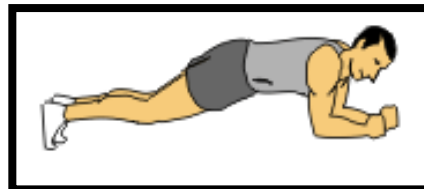
V-Ups



Alternating Superman



**Straight Leg
Pendulum**



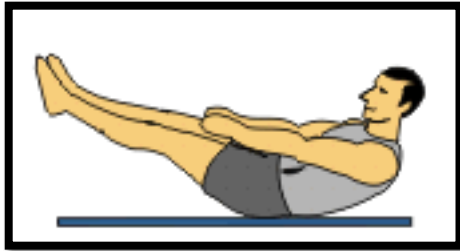
**Down & Up
Front Plank**



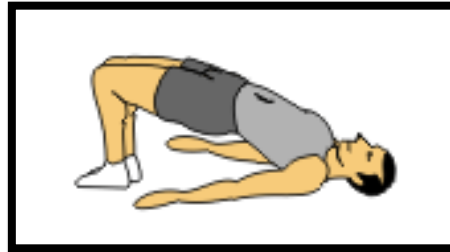
**Side Plank—
Arm Straight**

POSTURE STRENGTH BODYWEIGHT EXERCISES ROUTINE

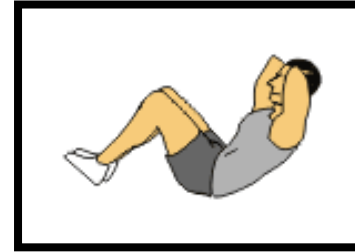
2



Pilates Hundred Exercise 2



Supine Bridge & Hold



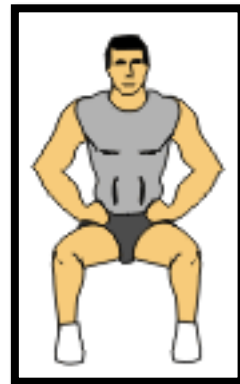
Sit-Up



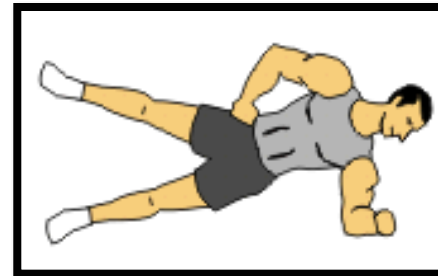
Side Crunches



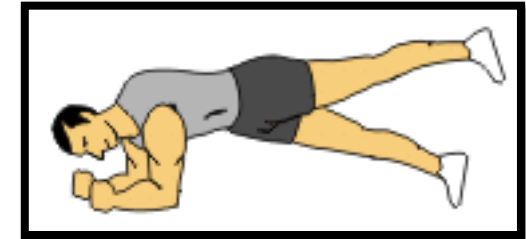
Chair Sit



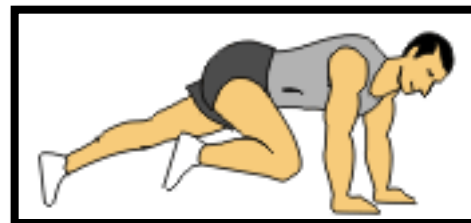
Bodyweight Lateral Squat



Oblique Abductor Raise



Single Leg Plank Raise



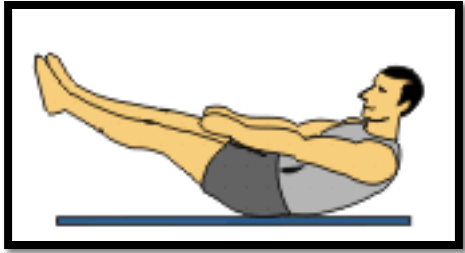
Plank Knee-Ins



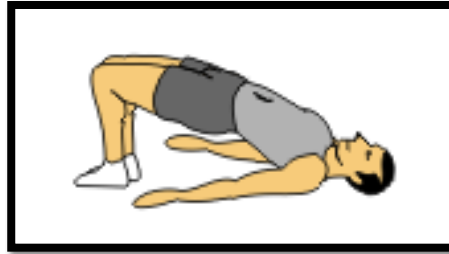
Spine Twist

**POSTURE STRENGTH BODYWEIGHT - 10 MINUTE SUPERSET .
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.**

Workout 3



Pilates Hundred Exercise 2



Supine Bridge & Hold



Sit-Up



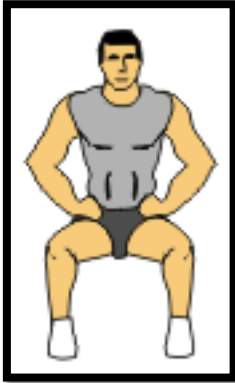
Side Crunches



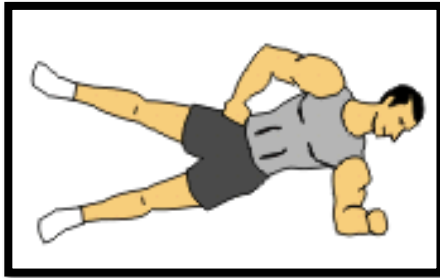
Chair Sit

**POSTURE STRENGTH BODYWEIGHT - 10 MINUTE SUPERSET .
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.**

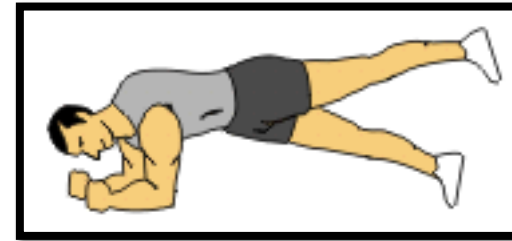
Workout 4



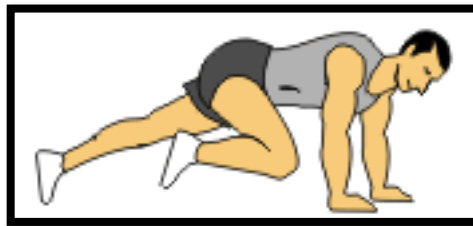
**Bodyweight
Lateral Squat**



**Oblique
Abductor Raise**



**Single Leg
Plank Raise**

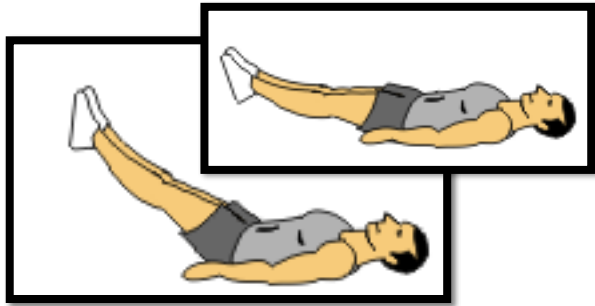


Plank Knee-Ins

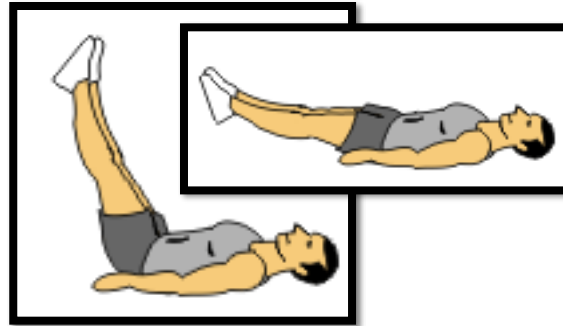


Spine Twist

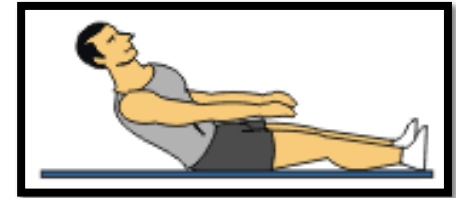
POSTURE STRENGTH BODYWEIGHT EXERCISES ROUTINE



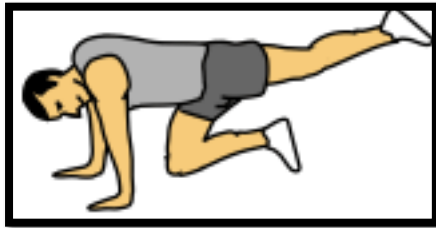
Double Leg Straight Raises 1



Double Leg Straight Raises 2



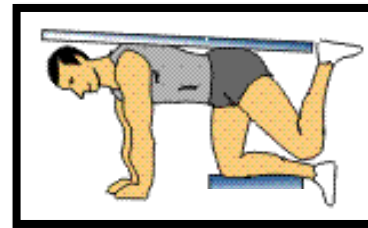
Modified Crunch



Single Leg Kickbacks



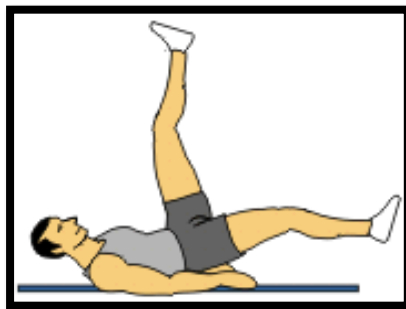
Opposite Arm/Leg Raise



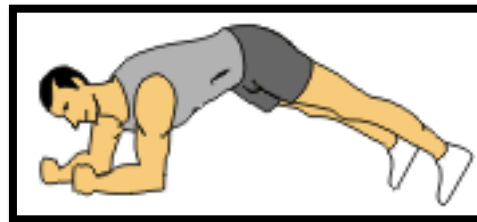
Quadruped Glute Kick



Push-Up With Rotation



Scissors



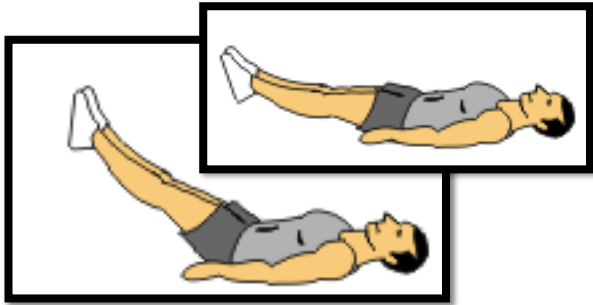
Plank-Ups



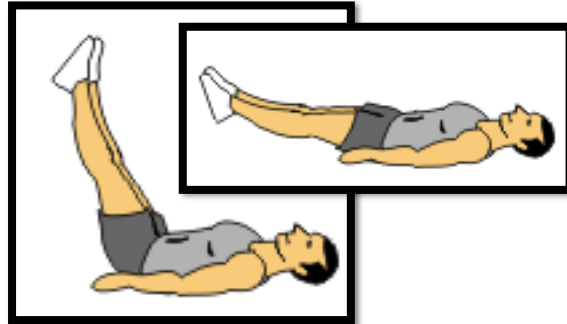
Prone Cobra

**POSTURE STRENGTH BODYWEIGHT - 10 MINUTE SUPERSET .
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.**

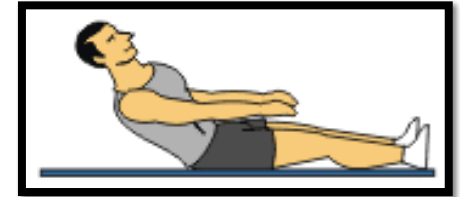
Workout 5



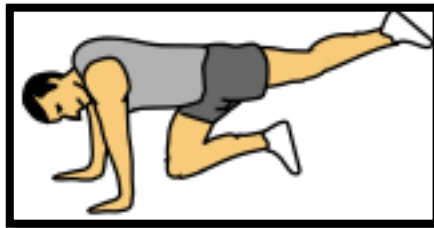
Double Leg Straight Raises 1



Double Leg Straight Raises 2



Modified Crunch



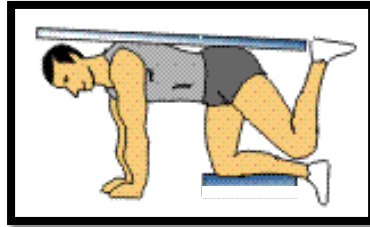
Single Leg Kickbacks



Opposite Arm/Leg Raise

**POSTURE STRENGTH BODYWEIGHT - 10 MINUTE SUPERSET .
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.**

Workout 6



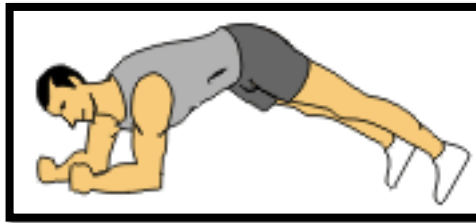
Quadruped Glute Kick



**Push-Up With
Rotation**



Scissors

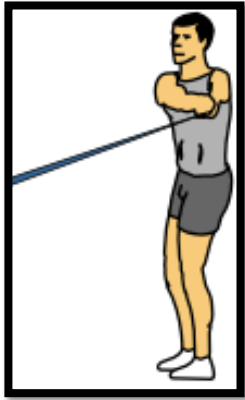


Plank-Ups

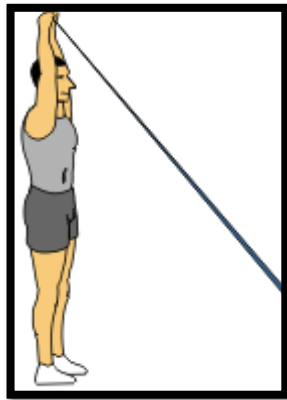


Prone Cobra

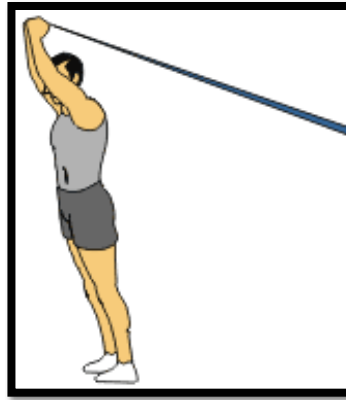
RESISTANCE BAND EXERCISES POSTURE ROUTINE



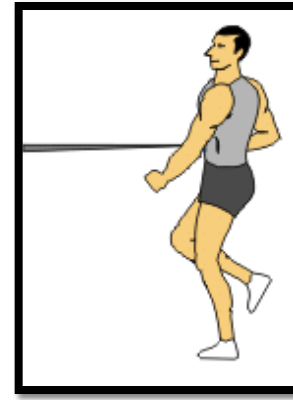
Resistance Band Rotation



Resistance Band Overhead Pull 1



Resistance Band Overhead Pull 2



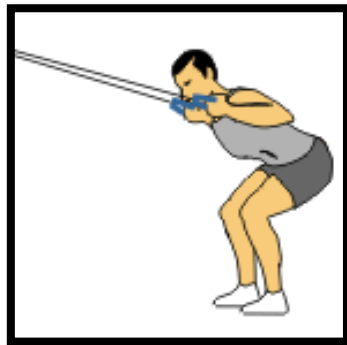
Resistance Band Single Leg Rotary Pull



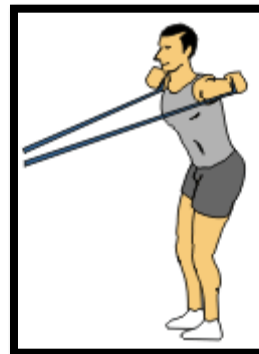
Resistance Band Squat



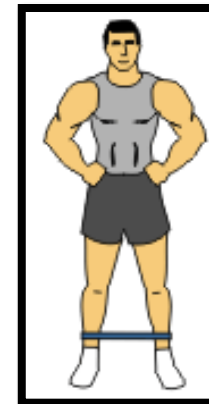
Resistance Band Bent Over Row



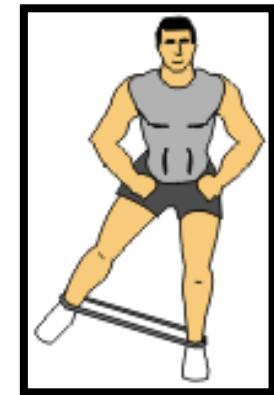
Resistance Band 45° Pull



Resistance Band Extension



Resistance Band Leg Pull/Walk

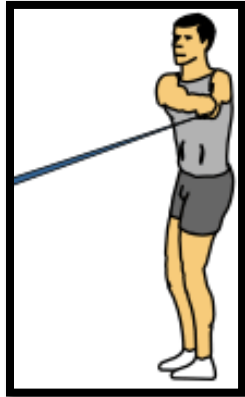


Resistance Band Leg Pull

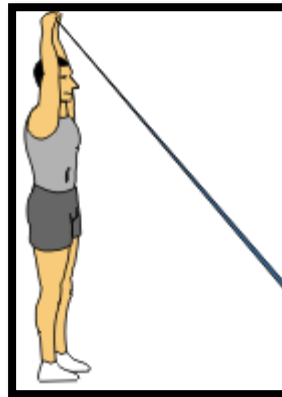
RESISTANCE BAND - 10 MINUTE SUPERSET.

DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.

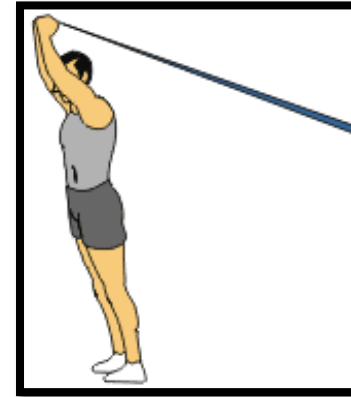
Workout 7



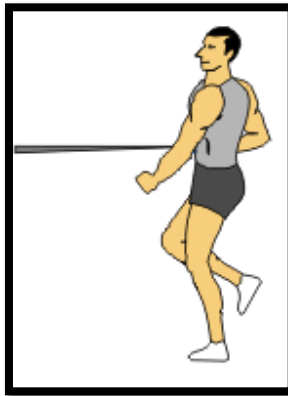
**Resistance Band
Rotation**



**Resistance Band
Overhead Pull 1**



**Resistance Band
Overhead Pull 2**



**Resistance Band
Single Leg Rotary Pull**



**Resistance
Band Squat**

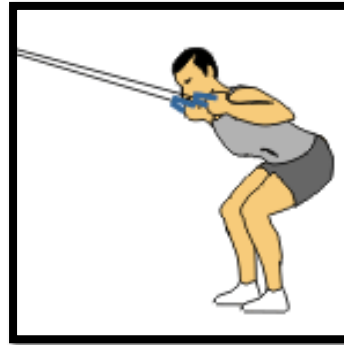
RESISTANCE BAND - 10 MINUTE SUPERSET.

DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.

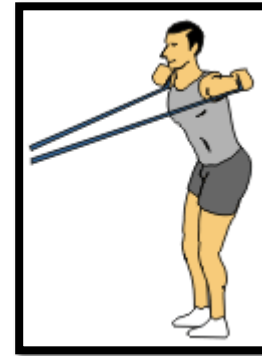
Workout 8



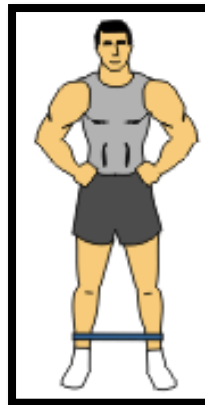
**Resistance Band
Bent Over Row**



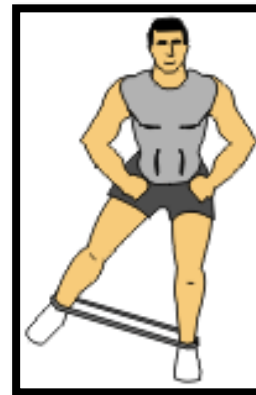
**Resistance
Band 45° Pull**



**Resistance
Band Extension**

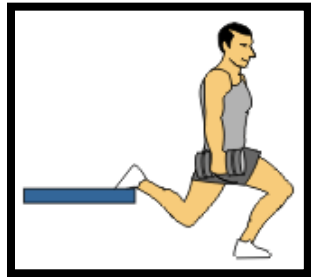


**Resistance Band
Leg Pull/Walk**



**Resistance Band
Leg Pull**

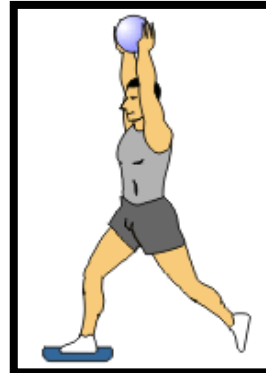
VARIED EQUIPMENT EXERCISES POSTURE ROUTINE



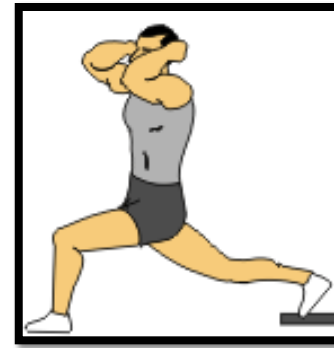
Dumbbell Split Squat



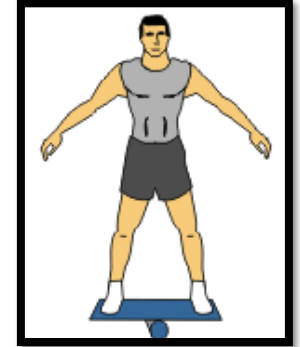
Weighted Ball Lunge



**Balance Disc
Weighted Ball Lunge**



**Slide Board
Reverse Lunge**



**Balance Board
Standing Posture**



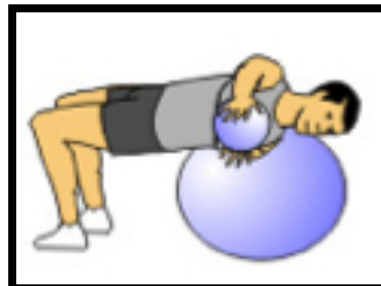
**Balance Dome Trainer
Seated Lift**



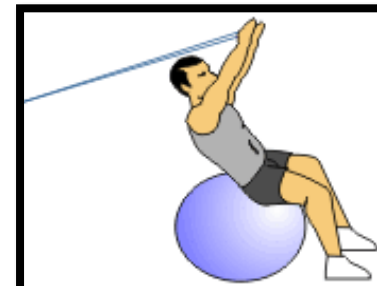
**Balance Dome Trainer
Quadruped Raise**



**Balance Disc Single
Leg Hip Lift**



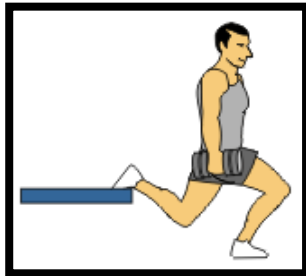
**G Ball/Weighted Ball
Supine Twist**



**G Ball/Resistance
Band Crunch**

VARIED EQUIPMENT - 10 MINUTE SUPERSET.
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.

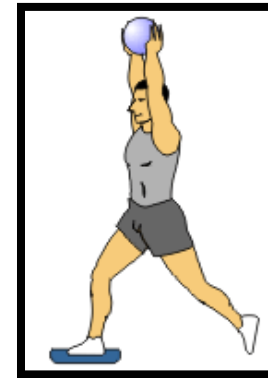
Workout 9



Dumbbell Split Squat



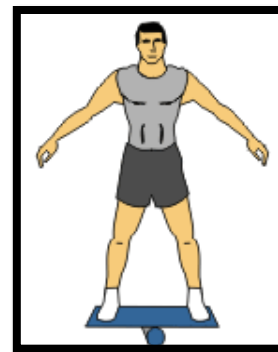
Weighted Ball Lunge



**Balance Disc
Weighted Ball Lunge**



**Slide Board
Reverse Lunge**



**Balance Board
Standing Posture**

VARIED EQUIPMENT - 10 MINUTE SUPERSET.
DO EACH OF THE EXERCISES FOR 30 SECONDS. THEN REST FOR 30 SECONDS. THEN REPEAT.

Workout 10



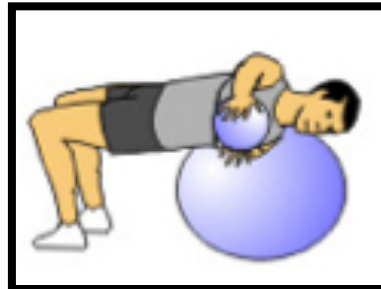
**Balance Dome Trainer
Seated Lift**



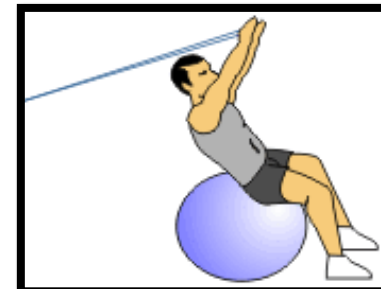
**Balance Dome Trainer
Quadruped Raise**



**Balance Disc Single
Leg Hip Lift**



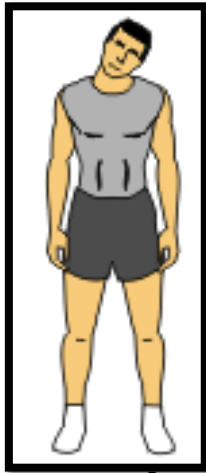
**G Ball/Weighted Ball
Supine Twist**



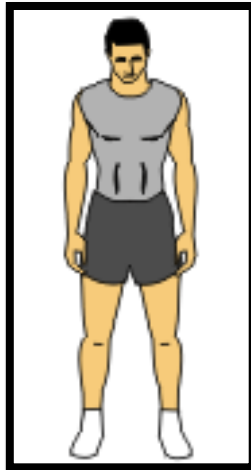
**G Ball/Resistance
Band Crunch**

POSTURE MOBILITY MICROBREAK EXERCISE ROUTINE

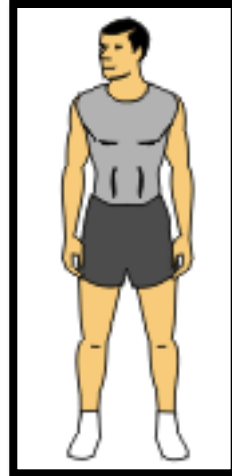
1



Ear Tucks



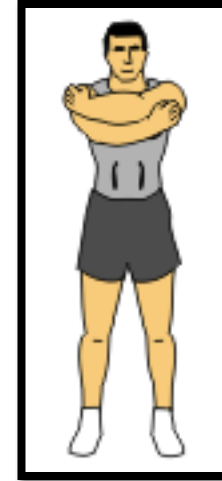
Chin Tucks



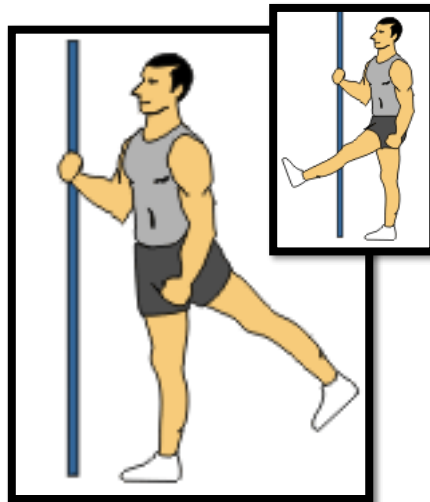
Neck Rotations



Shoulder Rolls



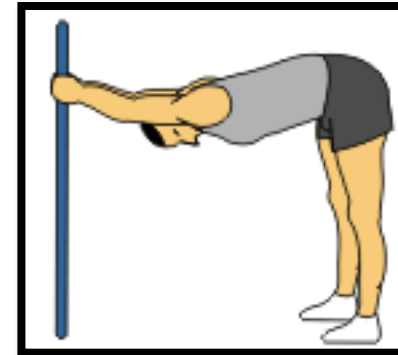
Horizontal Arm Swing



Forward/Backward Leg Swing



Hip Rotations



Shoulder Reach