

NO EQUIPMENT LEGS, GLUTES AND CORE WORKOUT

*Check with your physician before starting an exercise program



Reverse
Lunge
Right

Squat



-
Reverse
Lunge
Left

Squat

15 of
each
exercise



1 Leg Balance and
Reach with Shoulder
Blade Squeeze

12 times on each Leg



Breakdance

20 each side

10 times total



Sit up to Hold

This is an advanced exercise that should be performed with a slow and controlled motion to avoid momentum

Roll up from the floor with 1 leg off the floor and pause at the top before returning to the floor

Modify the exercise but doing a sit-back

Once you master sitting back and holding the position you can add on the complete roll down to the floor.

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1 Leg Glute Bridge
Lower and lift hips
15 times on each leg



Plank with Shoulder Blade Protraction and Retraction.
Round out back then squeeze shoulder blades together.



Leg abduction
Start out in modified side plank and lower and raise top leg.
12 times a side



Superman from prone position.
This exercise can easily be modified to a variety of abilities. Start lying face down and raise both arms, being very aware that your neck is in alignment with your spine. Try adding raising both legs. It is ok to do the moves individually such as only raise the arms and leave legs on floor. 12 times



Oblique Twist
Hold core tight and bring knees toward the chest. Modify by leaving both hands on the ground and/or one leg on the ground. 15 – 20 times

