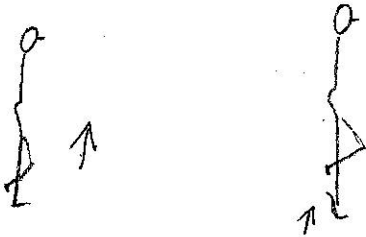


REVERSE FLY W/ TUBE



Use tube with light resistance.
Sit nice and tall, keep shoulders down.
Start with arms in front of your chest.
Open straight arms to the sides with exhale,
focus on squeezing your shoulder blades
together at the end of the motion.
2-3 sets 10-15 reps

ONE LEG HEEL RAISE



Stay on one leg, watch your posture and
balance, keep shoulders down.
Raise your heel up.
3 set of 15 reps each leg

CORE MUSCLES W/ BALL



Sit nice and tall, put ball between your
back and the chair.
With exhale squeeze the ball between your
back and the chair. (push spinal against the
ball)
3 sets of 10-15 reps

TRICEPS KICK BACK



Kneel on a flat bench or a chair.
Keep dumbbell in one arm, bring elbow
up and keep it close to the body = starting
position.
Extend arm with exhale and slowly bend
back. Keep elbow up all the time.
3 sets of 15 reps each arm