**Dumbbell Squats**
- Stand with feet hip-width apart
- Hold weight to the side of body
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

**Dumbbell Lunges**
- Stand with feet hip-width apart
- Hold weight to the side of body
- Take a long step forward
- Lower body until both knees are 90º
- Stretch

Sets: 1-3 Rep: 10-15

**Calf Raise on BOSU®**
- Stand near center of ball with feet together
- Keep body straight throughout the exercise
- Press up, hold, and return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

**Hip Raise on Ball**
- Place calves on top of ball
- Keep body straight and supported by arms
- Bend knees, exhale and curl Hamstrings to bring ball closer to Glutes
- Stretch

Sets: 1-3 Rep: 10-15
Low Back Hyper Extensions on BOSU®
- Place hips slightly off center of ball
- Keep feet hip-width apart and anchored on the floor
- Keep body and arms straight
- Exhale and raise upper body
- Stretch

Sets: 1-3 Rep: 10-15

Plank (Bridge)
- Anchor elbows directly below shoulders
- Anchor toes and lift up until body is straight
- Hold
- Stretch

Sets: 1-3 Rep: 30 seconds - 3 minutes

Ab Roller with Ball
- Place hands firmly on ball
- Keep arms straight throughout exercise
- Keep body straight while carefully moving the ball forward
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Low Abs Hold
- Place hands under your hips.
- Lift head and keep eyes on the abdominal area
- Raise feet about 12 inches off the floor
- Hold
- Stretch

Sets: 1-3 Rep: 30 seconds - 3 minutes
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