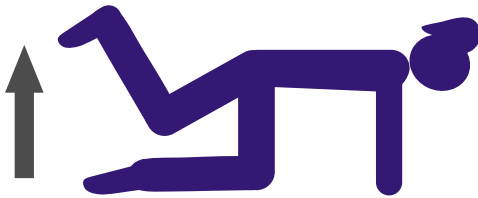


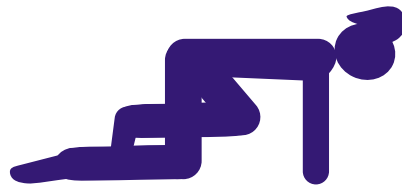
Floor leg exercises circuit

3 SETS OF EVERYTHING

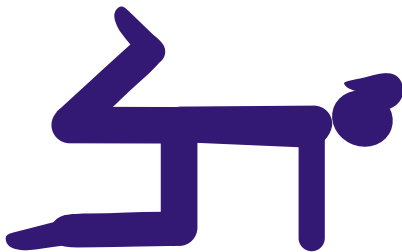
20 REPS ON EACH LEG (10 EACH WAY FOR LEG CIRCLES)



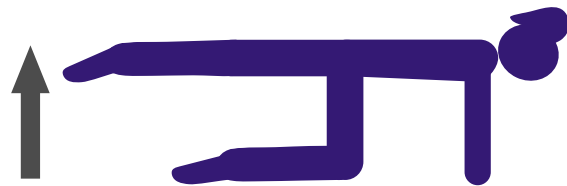
DONKEY KICKS
20 EACH LEG



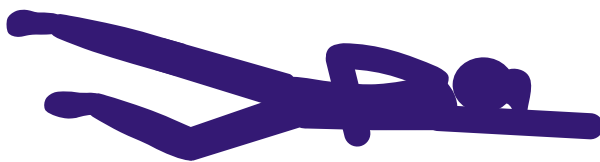
FIRE HYDRANTS
20 EACH LEG



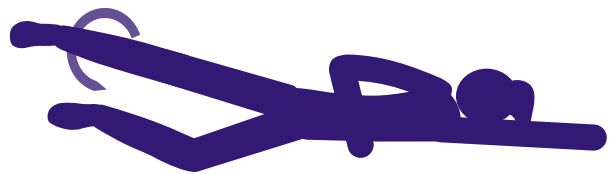
HAMSTRING CURLS
20 EACH LEG



HIP EXTENSION
20 EACH LEG



SIDE LEG LIFT
20 EACH LEG



SIDE LEG CIRCLES
10 EACH DIRECTION/
EACH LEG

