

*Standing Leg Abduction*



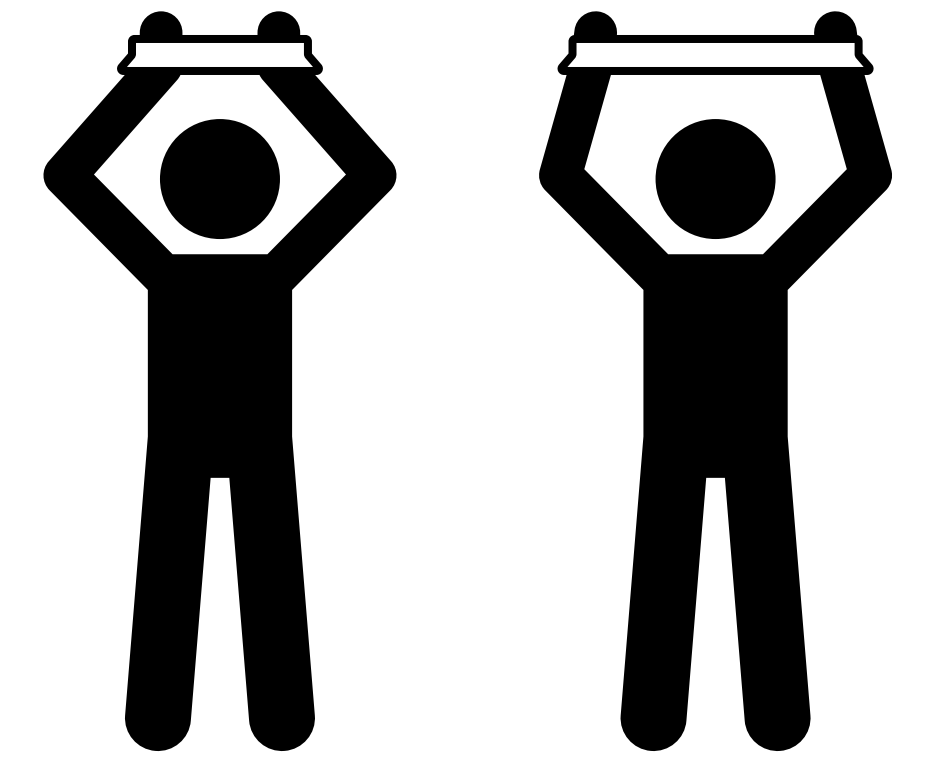
*Standing Hip Extension*



*Standing Hamstring Curl*



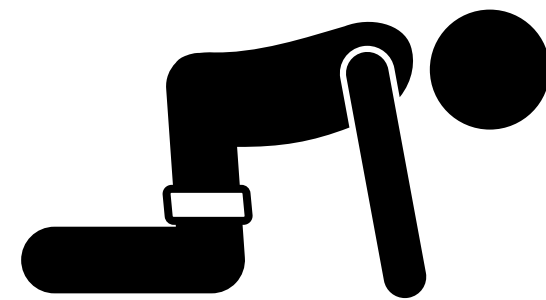
*Squat*



*Overhead Outward Push*



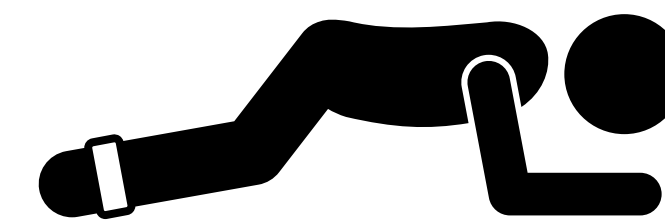
*Side Lying Leg Raise*



*Donkey Kick*



*Glute Bridge*



*Plank Leg Lift*



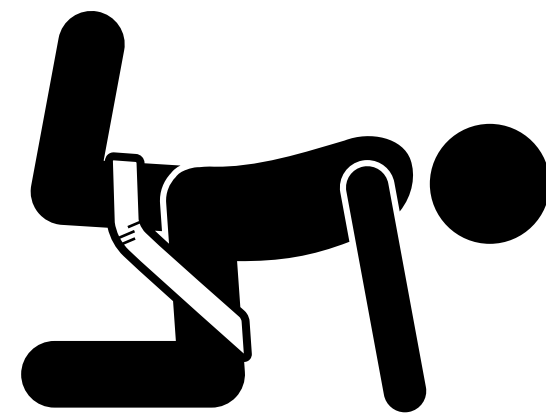
*Sitting Rows*



*Clam Shells*



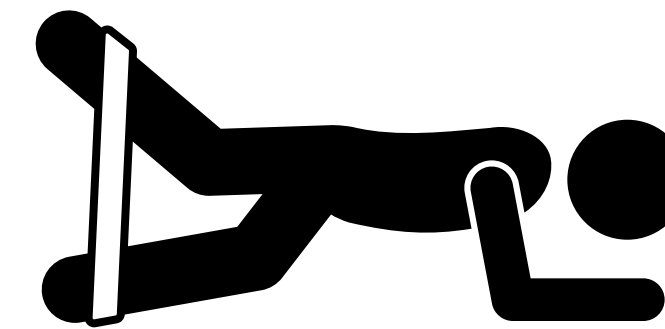
*Side Lying Leg Raise*



*Donkey Kick*



*Glute Bridge*



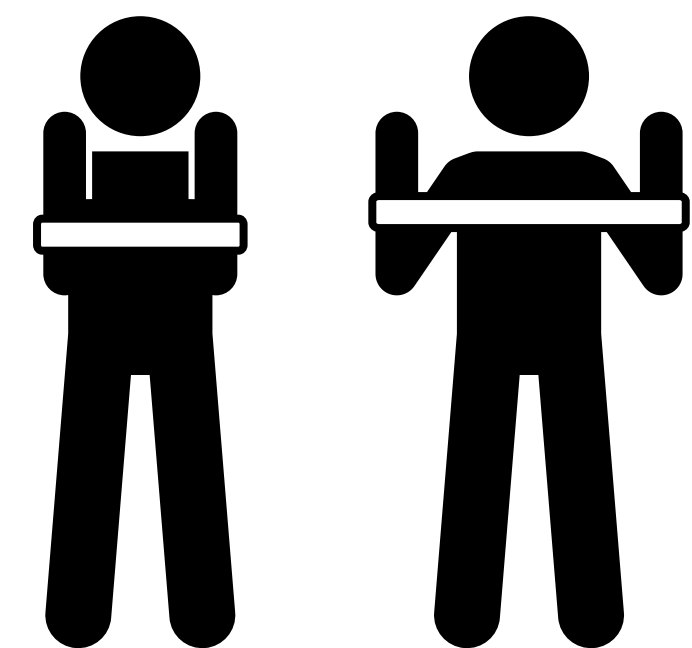
*Plank Leg Lift*



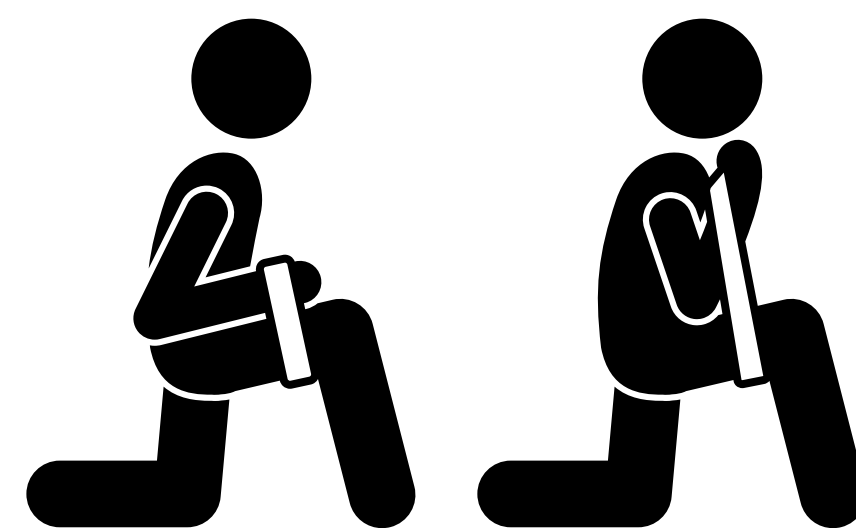
*Sitting Rows*



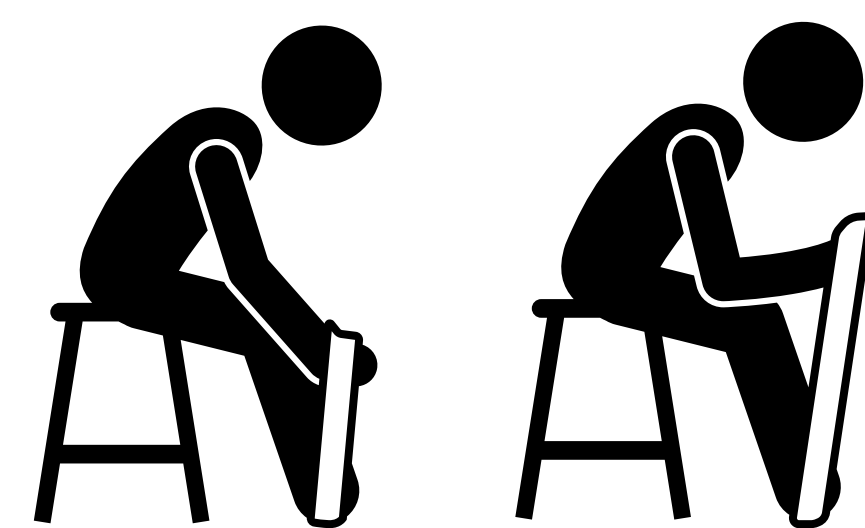
*Clam Shells*



*Scapular Retraction*



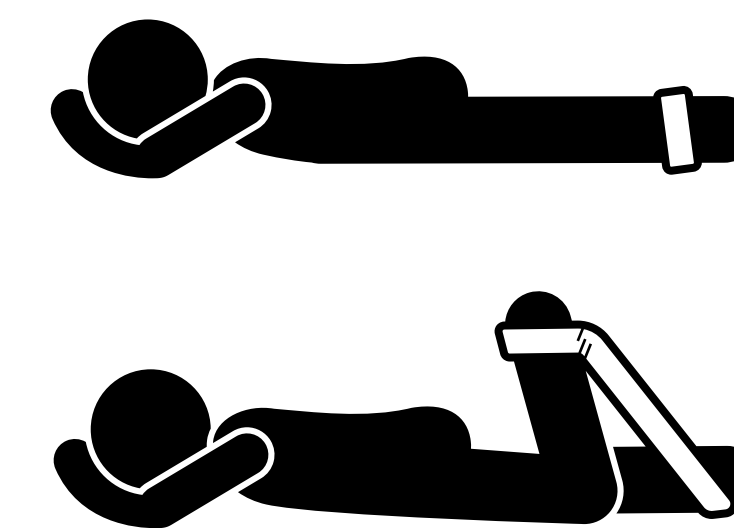
*Bicep Curl*



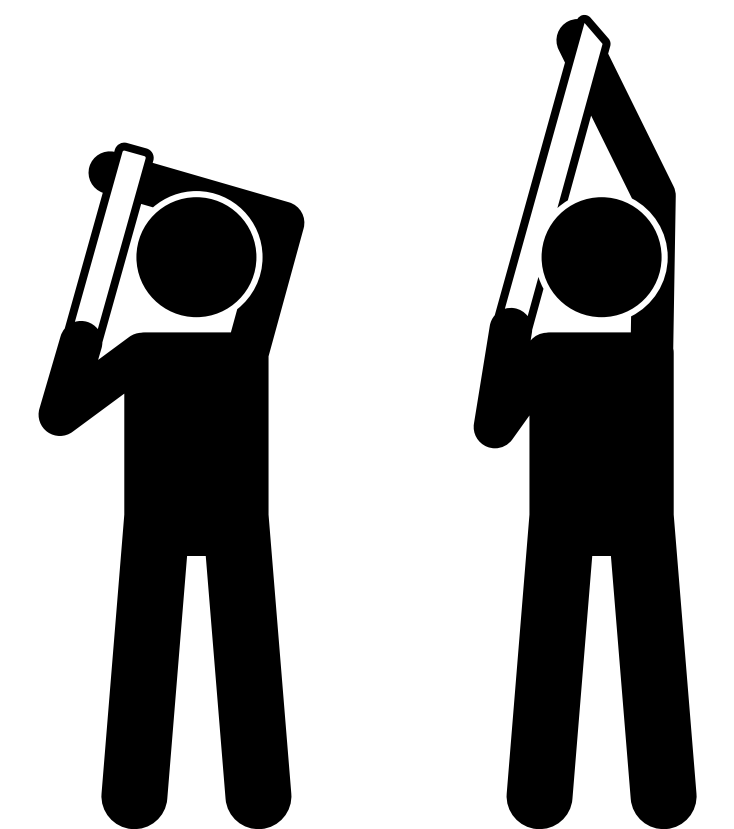
*Seated Bicep Curl*



*Split Squat*



*Leg Curl Prone*



*Triceps Extension*

