

LOOP RESISTANCE BAND



Standing Leg Abduction



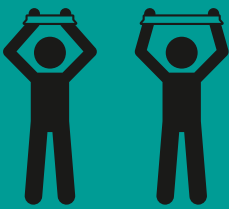
Standing Hip Extension



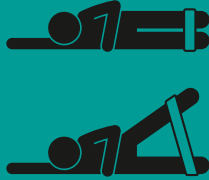
Standing Hamstring Curl



Squat



Overhead Outward Push



Side Lying Leg Raise



Donkey Kick



Glute Bridge



Plank Leg Lift



Sitting Rows



Clam Shells



Scapular Retraction



Bicep Curl



Seated Bicep Curl



Split Squat



Leg Curl Prone



Triceps Extension