

LEGS

WALL SITS

1. Stand straight with your back rested against a wall.



2. Slide down wall to create a 90 degree angle and hold the position.

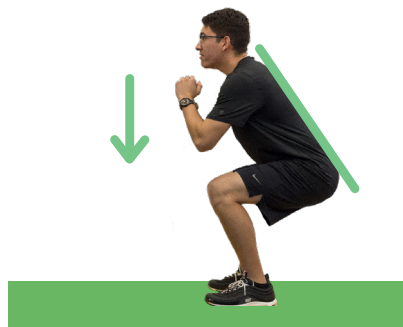


SQUATS

1. Stand straight with your feet shoulder width apart.



2. Push your hips back as if you were going to sit on a chair and create a 90 degree angle with your knees while keeping your back straight. Then return to the standing position.

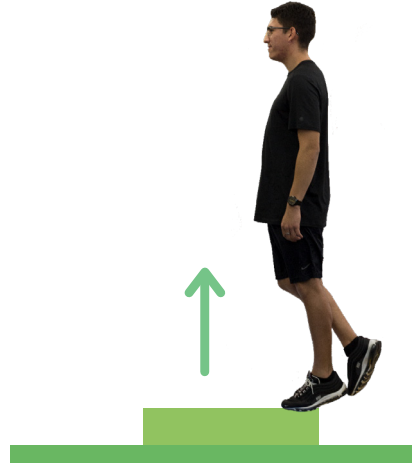


ONE-LEGGED CALF RAISES

1. Place half your foot on a platform while your other foot hangs behind it.



2. Push up on the ball of your foot and hold it for one second at the top. Then slowly come back down.



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

-THOMAS A. EDISON

SEATED CALF RAISES

1. While sitting, keep your back straight and your feet flat on the ground.



2. Raise your heels and push towards your toes and hold at the top for one second, then lower heels.



DONKEY CALF RAISES

1. Lean on an elevated surface while keeping your back straight and your feet apart.



2. Raise your heels and come up on your toes. Hold for one second, then lower heels.



BOX LUNGES

1. Stand with your feet hip-width apart. Put one leg on a stool to keep it behind you.

2. Slowly bend your front knee at a 90 degree angle until your back knee is barely above the floor then straighten your front leg to return to starting position. Repeat on other leg.



Motivation is what gets
you started. Habit is what
keeps you going.
~Jim Rohn

SIDE LUNGES



1. Stand straight with your feet hip-width apart. Step one foot out to the side and transfer your weight to that leg, while bending that knee towards 90 degrees.



2. Use the foot you are leading with to push you back to the starting position. Repeat and switch sides.

STEP UPS



1. Stand straight with your feet shoulder width apart. Step onto a box or bench with one foot, straighten that leg, and lift your back leg off the ground.



2. Bring your other knee towards your stomach and slowly go back to starting position. Repeat.