



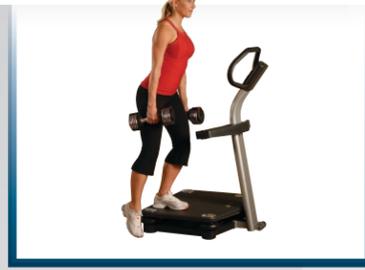
STEP UP/STEP DOWN

Stand on floor facing machine, feet hip-width apart. Engage abs, and step forward onto the platform and follow with second foot. Step back down with the lead foot and follow with second. Alternate step off leg and maintain controlled breathing.



SQUAT

Stand on platform, feet hip-width apart in a 130° squat, engage abs and maintain controlled breathing while holding position.



SINGLE LEG SQUAT

Stand on center of platform sideways with inside foot. Bend knee of inside leg to a 130° squat with other foot off platform in front for balance. Repeat on other side for 25 seconds.



CALF RAISE - 20 Reps

Stand on the platform, feet hip-width apart in a 130° squat. Rise up on your toes, engage abs and maintain neutral head and spine. Slowly lower heels down and repeat.



LUNGE

Stand on the platform. Step your right foot back, off the platform, to bring your body into a lunge position. Engage your abs and lower your body down farther. Hands on hips, breath and hold. Repeat on with the other leg for 25 seconds.



ALTERNATIVE SIDE SQUAT

Stand on the platform with your feet hip width apart. Step your right leg out to the right side onto the floor and sit down into a deep squat. Return back to center and repeat with your other leg.



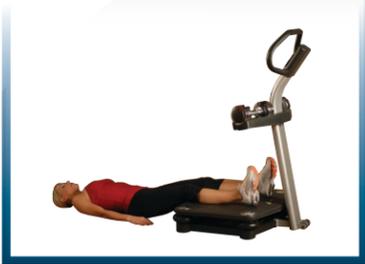
HAMSTRING STRETCH

Stand on the center of the platform facing away from the machine, feet hip-width apart, knees slightly bent. Slowly bend forward at the waist extending hands to feet relaxing head and chin into chest. Breathe and hold.



CALF STRETCH

Stand on front edge of platform, feet hip-width apart with straight legs. Lower heels off platform, engage abs and maintain neutral head and spine. Breathe and hold.



CALF MASSAGE

Lie on your back on floor in front of the machine with calves resting flat on platform. Maintain controlled breathing while holding position.



PLANK

Facing machine, hands on platform, shoulder-width apart. Bring your body to the push up position. Your chest is over your hands and your arms are extended. Maintain a straight spine and engage your abs. Maintain breathing and hold.



NARROW GRIP PUSH UPS (CLOSE)

Facing machine, hands on platform, shoulder-width apart. Extend to plank position on toes, chest over hands. Arms are extended, maintaining a straight spine and engage abs. Now, slowly lower your body down keeping your elbows tucked into your sides to bring the chest about one inch from the platform. Return back to starting position. Maintain controlled breathing while holding position.



PUSH UPS (MID)

Facing machine, hands on platform a little wider than shoulder width apart. Extend to plank position on toes, chest over hands. Arms are extended, maintaining a straight spine and engaging abs. Now, slowly lower your body down to bring the chest about one inch from the platform. Return back to starting position. Maintain controlled breathing while holding position.



BICEP CURL

Stand on the platform with your feet hip width apart. With a weight in each hand, palms face up, elbows close to sides, bring the weights up toward each shoulder. Lower back down to starting position.



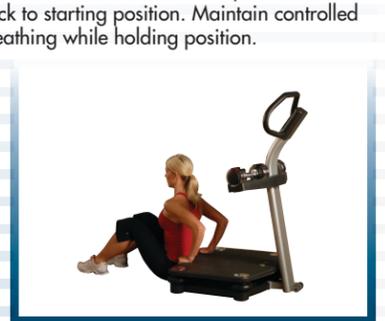
SHOULDER PRESS

Stand on the platform with feet hip-width apart and knees slightly bent. With a dumbbell in each hand, bring the weight above each shoulder palm facing forward. Press the weight up over head. Keep a slight bend in the elbows, lower back down to the starting position.



PUSH UPS (WIDE)

Facing machine, hands on platform, placed as wide as you can. Extend to plank position on toes, chest over hands. Arms are extended, maintaining a straight spine and engaging abs. Now, slowly lower your body down to bring the chest about one inch from the platform. Return back to starting position. Maintain controlled breathing while holding position.



TRICEP DIP

Sit on platform edge facing away from machine with legs extended, heels on the floor. Shift body off platform and lower until elbows are bent 90°. Maintain controlled breathing while holding position.



BENT OVER ROW

Stand on platform. Feet hip-width apart. With a dumbbell in each hand, turn facing sideways. Bent forward from the hip until the back is parallel with the platform. Let your arms hang toward the floor. Palms face each other. Bend the elbows to bring the weight in toward shoulders. Squeeze the shoulder blades together. Return back to the starting position.



LATERAL RAISE

Stand on the platform with the feet hip-width apart. With a dumbbell in each hand, extend the arms straight out to the side up to shoulder level. Return back to the starting position.



TRICEPS EXTENSION

Stand on the platform with feet hip-width apart. With a dumbbell in each hand bring both hands up over head, arms straight, palms face each other. Bend at the elbow to bring the dumbbells behind the neck. Return back to the starting position.



SQUAT & LIFT

Stand on platform, feet hip-width apart. Hold one weight with both hands in front of the chest. Squat down. As you return to starting position, extend the weight up over head. Engage abs and maintain controlled breathing.