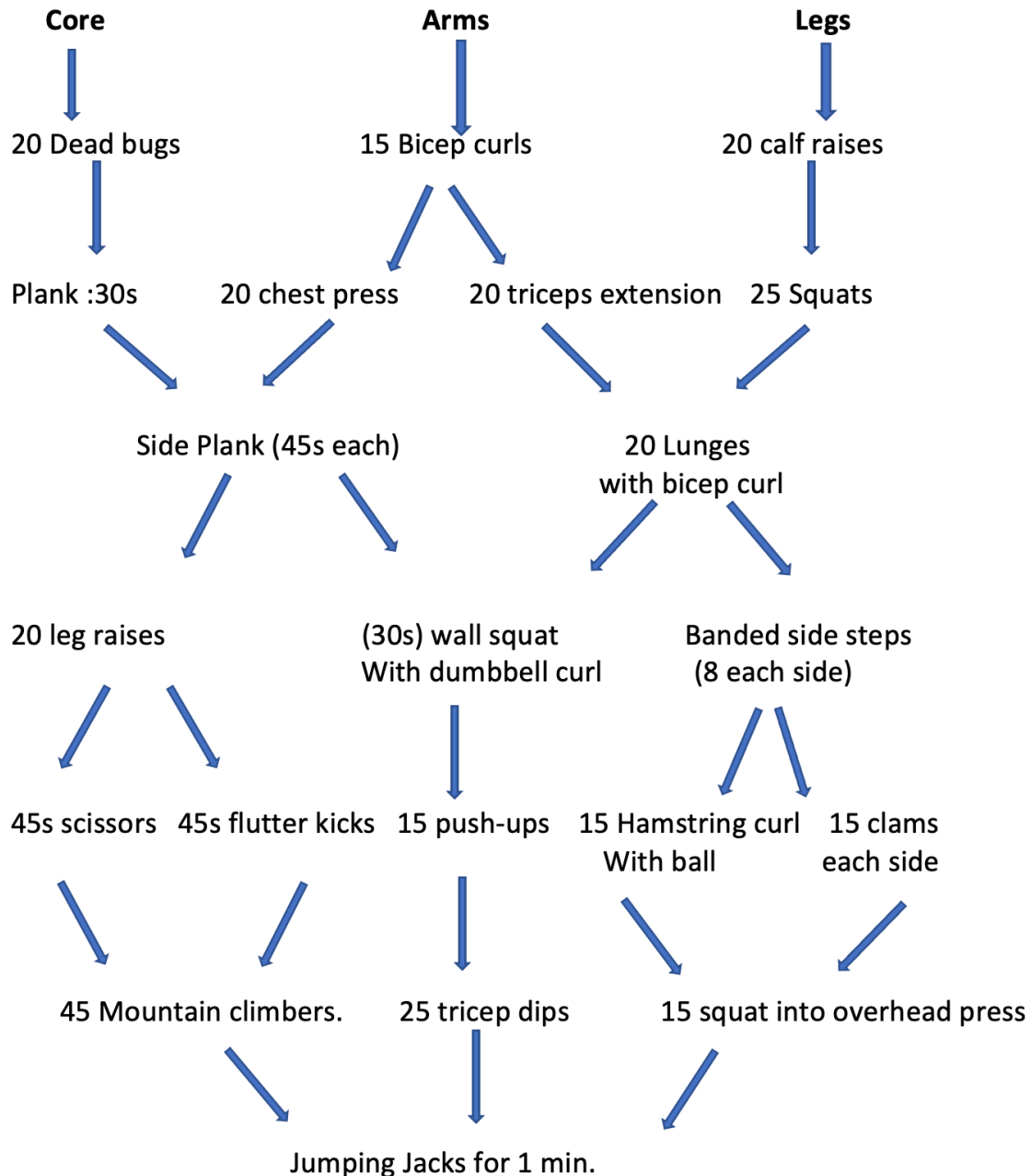


CHOOSE YOUR OWN WORKOUT!

Warm up: Jumping Jacks for 1min.



⇒ **REPEAT 3x**

*modifications may be required for some exercises due to injury or lack of equipment

- ⇒ Overhead press, substitute with bicep curl if its painful to go overhead
- ⇒ If you do not have a band for the side steps or clams, continue with the exercise as usual without the band
- ⇒ If straight leg raises are too difficult or they hurt the lower back, try bending the legs at a 90° angle and doing the leg raises this way
- ⇒ If lunges or squats are difficult, try using a chair for support and balance
- ⇒ If side planks are difficult on the shoulder, try bending the legs and stacking them instead of holding them out straight from the body