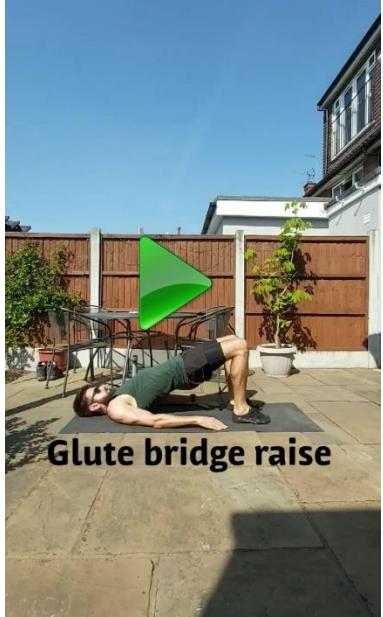


MOVE BETTER FEEL BETTER

# EXERCISE LIBRARY

## LOWER BODY





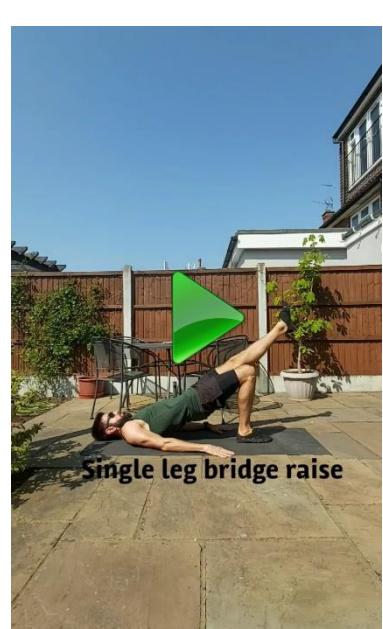
**Glute bridge raise**



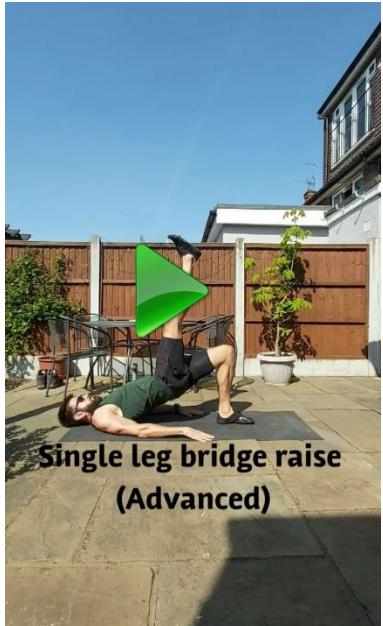
**Bridge march**



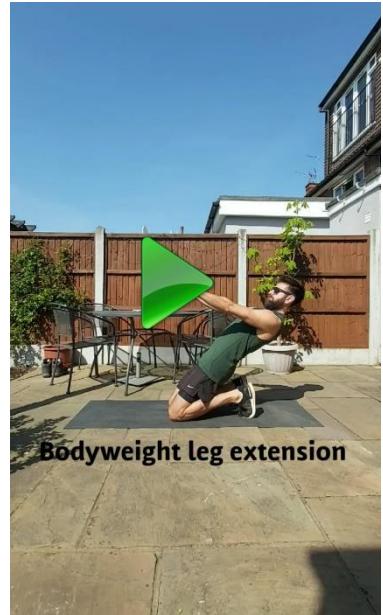
**B-stance bridge raise**



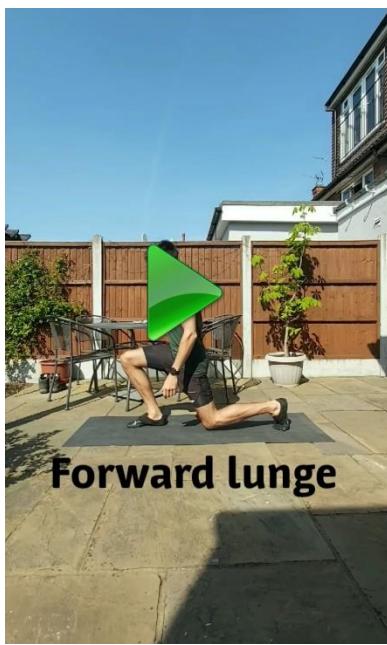
**Single leg bridge raise**



**Single leg bridge raise  
(Advanced)**



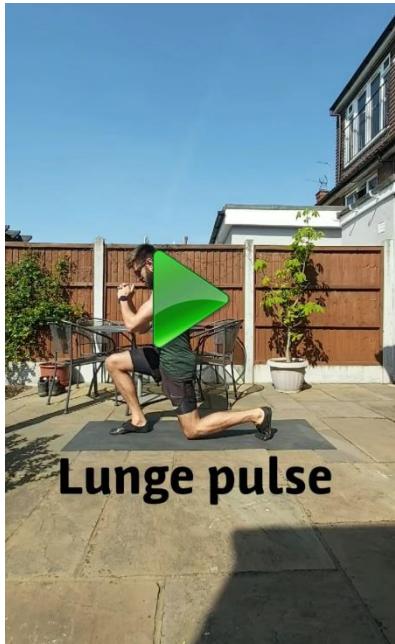
**Bodyweight leg extension**



**Forward lunge**



**Reverse lunge**





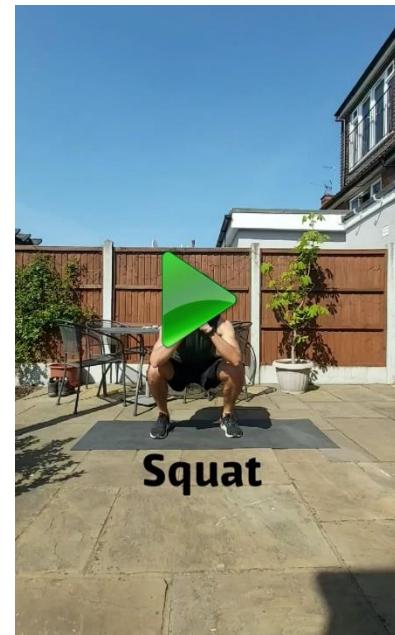
**Bulgarian split squat  
Iso hold**



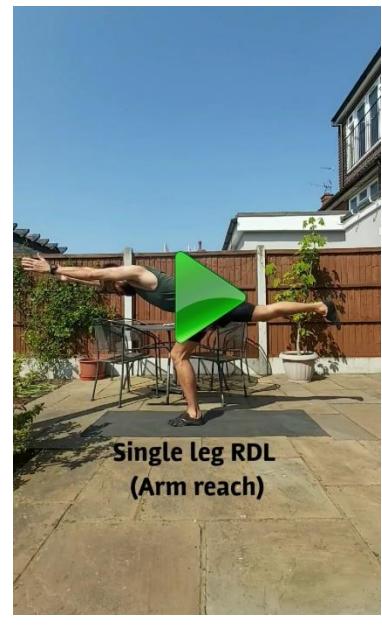
**Chair pistol squat**



**Kneel to squat**



**Squat**





**Single leg RDL  
(Iso hold)**



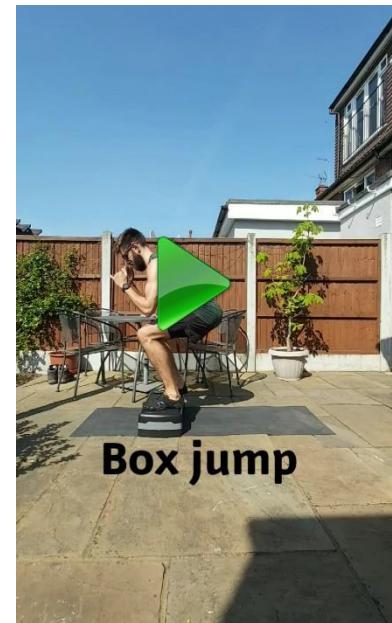
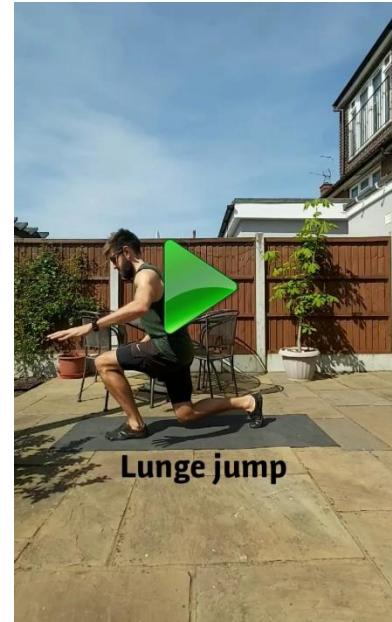
**Chair calf raise**

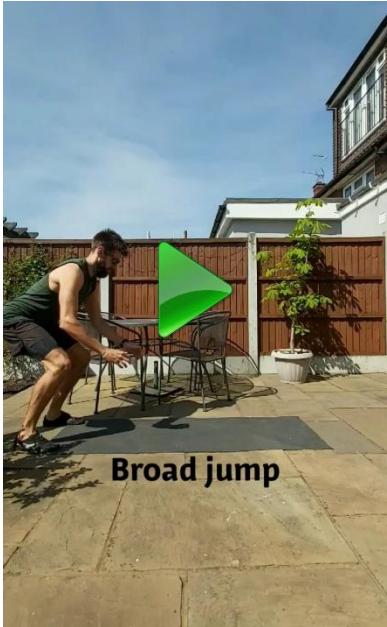


**Single leg calf raise**

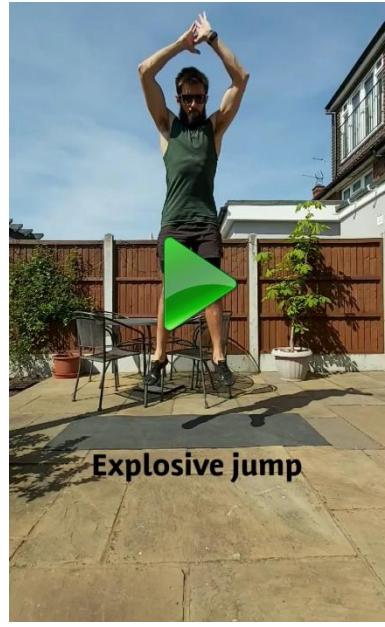


**Lateral lunge**





**Broad jump**



**Explosive jump**