

Exercises

U V G Y F C P C Z B I B C V Q P P
I R O T I I B W J O G H V F H I D
J R I A H C O T N O P U P E T S R
K P Q R B R V T W J S L X F Y S S
M U G X F A G V I J E W R B Z T I
E J R R M H I G H K N E E S W A T
V C H S G S S N X K S K C S L R U
W E H G X K T O F S F S L G L J P
A F Y J O N A Z D K B K F L S U N
L A N A Q A U P U H S U P R X M C
L P U B V L Q F X Q I D E S X P C
S I R V O P S L U N G E S U O S L
I M S T A E O P L A N K S D P G N
T R V J W D I B N G C O Q W T Z L
S K X W M I C Q G A W K P A B M D
G Q X L S S W E L O V U K I I G G
T F V J F O R E Y S T N L J M U O

step up onto chair

side planks

high knees

star jumps

wall sits

push up

lunges

planks

sit up

squats