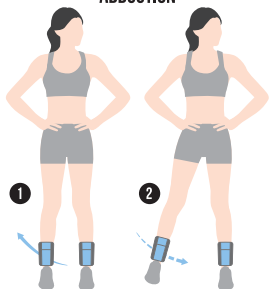
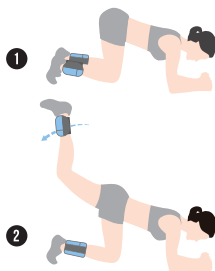


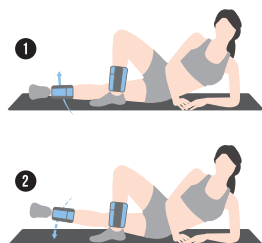
STANDING HIP ABDUCTION



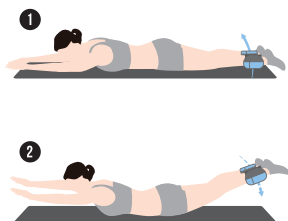
TABLETOP DONKEY KICK



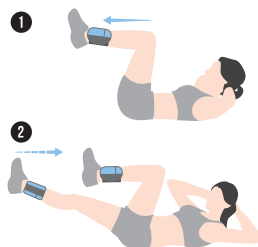
SIDE-LYING INNER THIGH RAISE



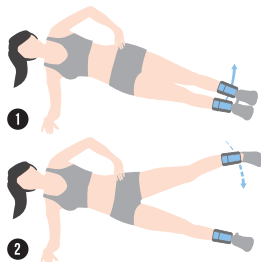
SUPERMAN



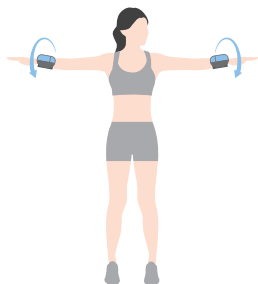
BICYCLE CRUNCH



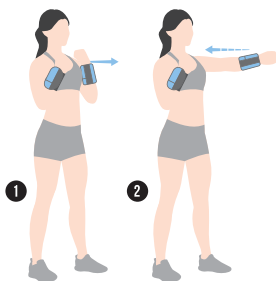
SIDE PLANK LEG RAISE



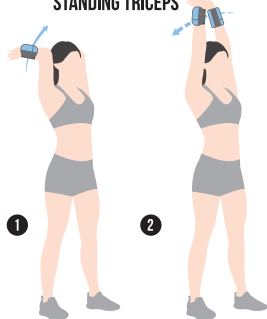
ARM CIRCLES



PUNCHES/JAB



STANDING TRICEPS



LEGS/GLUTES (WEIGHTS ON ANKLES):

- **Standing Hip Abduction**
3 x 10 reps (each leg)
- **Tabletop Donkey Kick**
3 x 10 reps (each leg)
- **Side-lying Inner Thigh Raise**
3 x 10 reps (each leg)

CORE: ABS/BACK (WEIGHTS ON ANKLES):

- **Superman Lifts**
3 x 10 reps
- **Bicycle Crunch**
3 x 20 reps
- **Side Plank Leg Raise**
3 x 10 reps (each leg)

UPPER BODY (WEIGHTS ON WRISTS):

- **Arm Circles**
3 x 10 circles (forward and backward)
- **Punches/Jabs**
3 x 20 (alternating arms)
- **Standing Triceps**
3 x 10 (both arms together)

7-DAY ROUTINE:

Day 1: Legs/Glutes
Day 2: Walk/Stretch/Cardio
Day 3: Core & Upper Body
Day 4: Walk/Stretch/Cardio
Day 5: Legs/Glutes
Day 6: Walk/Stretch/Cardio
Day 7: Core & Upper Body



WASH BY HAND WITH
WARM SOAPY WATER



DO NOT USE DRYER
(AIR DRY ONLY)



DO NOT BLEACH



DO NOT IRON



STORE IN A COOL
DRY PLACE