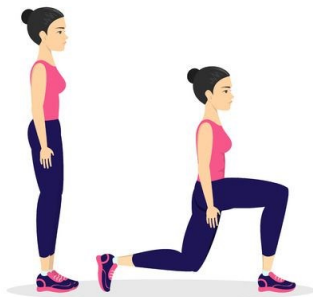


# Body Weight Exercises

## Lower Body

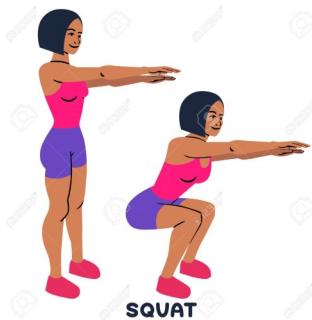
Front Lunge



Back Lunge



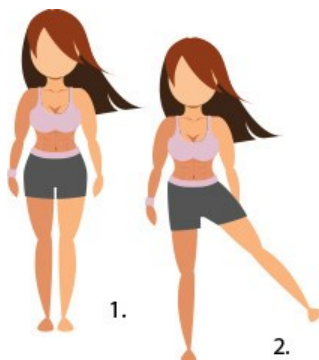
Squat



Skaters



Lateral Leg Lift



Bridge

