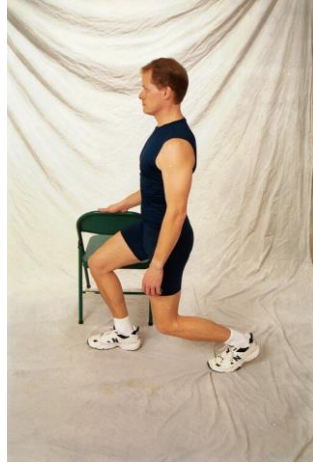
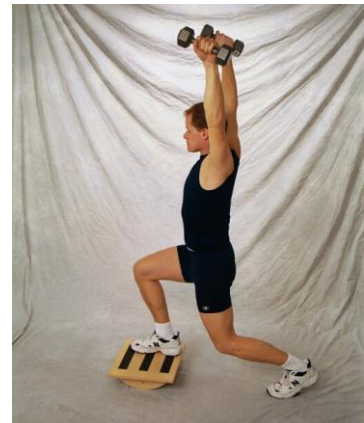
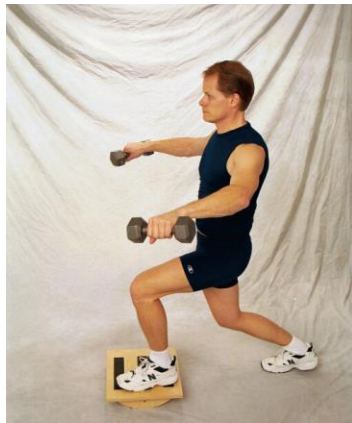


## Quad and Glute Work



Basic Lunge avoid exceeding 90° knee bend.

Hip Hiker on ball against wall.



Lunge to a Rocker Board with weights to a “fly.”



Single leg extension Bridge.