

- **Wall squats:** 3 x 12, no weight
- **Walking lunges:** 2 times around the basement with 10 lbs on each shoulder
- **Hip flexor:** 3 x 12 with 10 lbs
- **Back extensions:** 3 x 12 with 10 lbs
- **Calf raises:** 3 x 12
- **Flowing lunges:** 3 x 12