

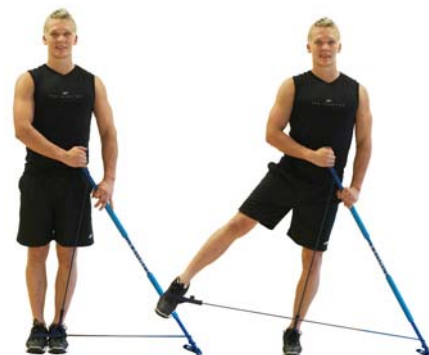
Lower body workout



Squat



Leg extension



Abduction



Squat with the stick held above your head



Lunge in a step position with body rotation



Calf raise



Straight leg dead lift



Rear lunge
(both loops in the front foot)