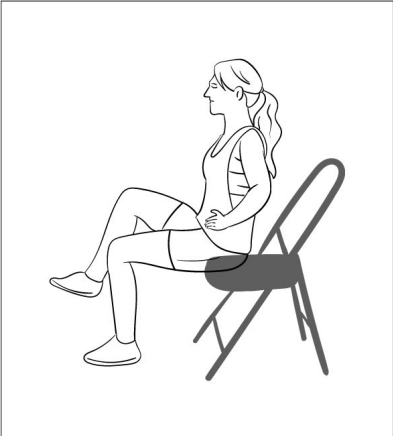
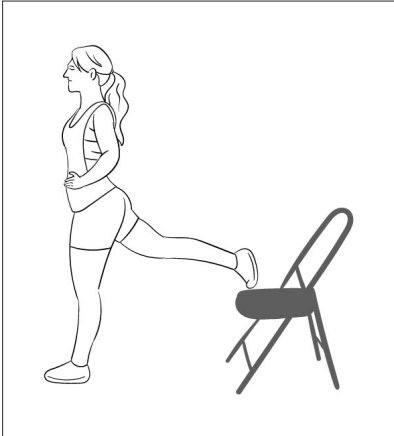


# Lower Body CHAIR WORKOUT

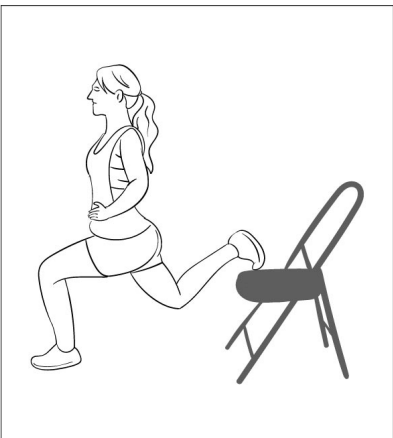
SINGLE LEG SQUATS



SPLIT SQUATS



SPLIT SQUATS



SIDE STEP UP + LEG LIFT

