

Pelvic tilt



Side-lying leg lift



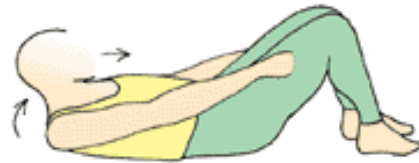
Side-lying leg lift (cross over)



Quadruped arm/leg raises



Wall squat



Partial curl



Diagonal curl



Dead bug



The plank



#1 Prone Leg Curls



#2 Step Ups



#3 Single Leg Bridge



#4 Step Back Lunge



#5 Stability Ball Leg Curls



#6 Wall Slides

