Strengthening



Rows



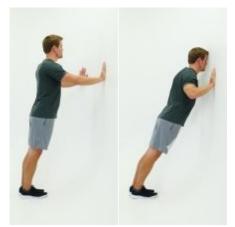
Overhead Press-up



Pull downs



Seated tricep dips



Wall Push-ups





Bridges



Hip abduction



Seated calf raises



Hip extension



Standing calf raises



Long arc quad



Squats



Sit to stand



Standing marches



Seated marches