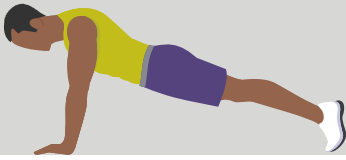


1 Push-up

or

Modified push-up



2 Squat

or

Modified squat



6 STRENGTH TRAINING EXERCISES

~~Cancer~~

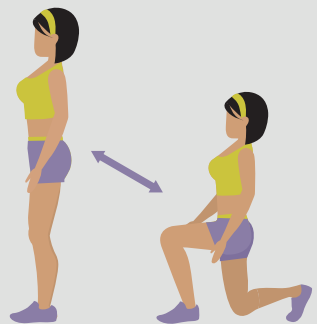
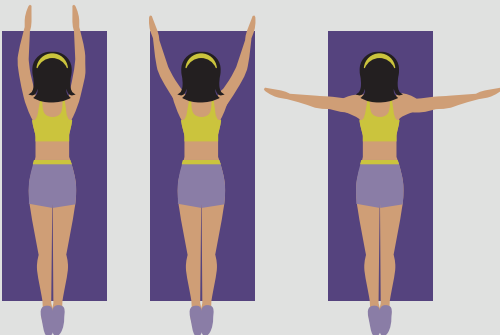
3 Glute bridge

4 Ab plank



5 I,Y,T

6 Reverse lunge



Lift head and shoulders, extend arms.