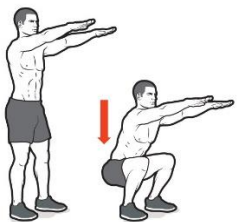
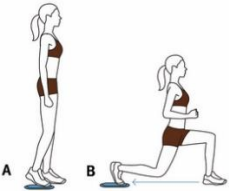


**At Home Lower Body Exercises:**

1. Prehabilitation exercises listed in training program
2. Squats



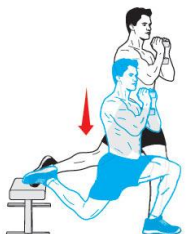
3. Lunges



4. One-Legged Deadlift

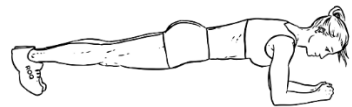


5. Bulgarian Split Squats

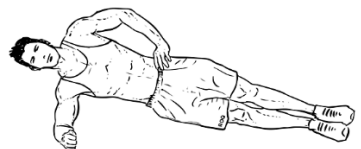


**At Home Core Exercises:**

1. Plank



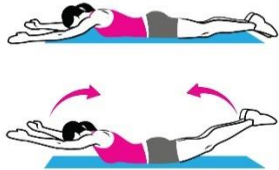
2. Side Plank



3. Russian Twist



4. Supermans



5. Leg Lifts

