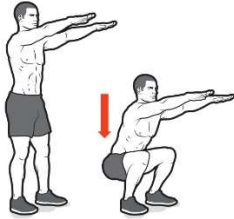
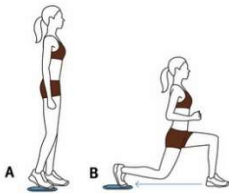


At Home Lower Body Exercises:

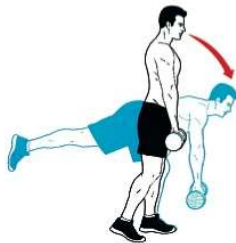
1. Squats



2. Lunges



3. One-Legged Deadlift



4. Bulgarian Split Squats

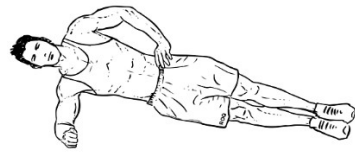


At Home Core Exercises:

1. Plank



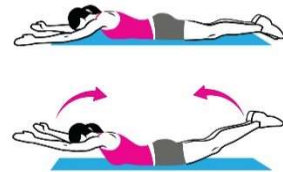
2. Side Plank



3. Russian Twist



4. Supermans



5. Leg Lifts

