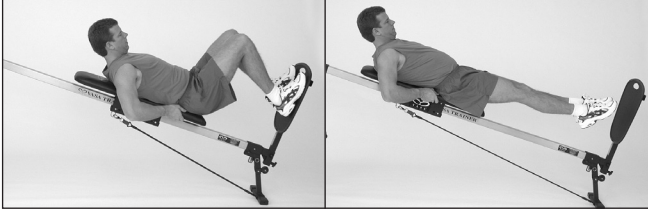


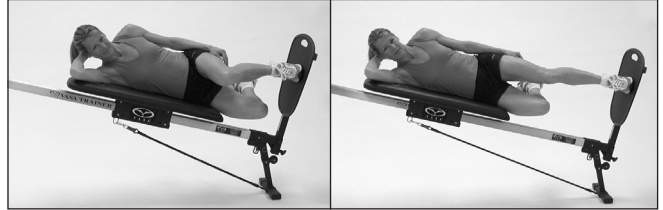


LEG POWER PLATFORM SAMPLE EXERCISES

LEG PLYOMETRICS - BOTH LEGS



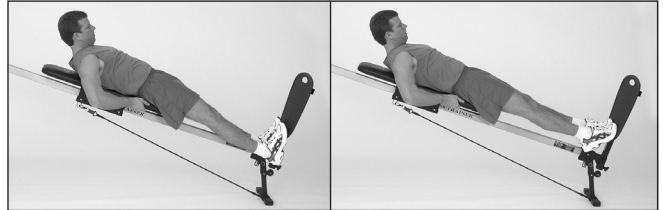
SIDE SQUAT



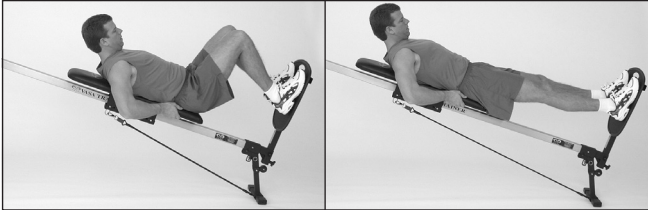
LUNGES



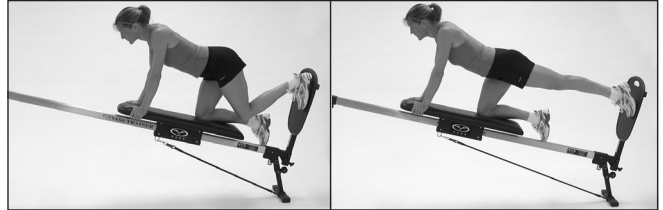
CALF RAISES



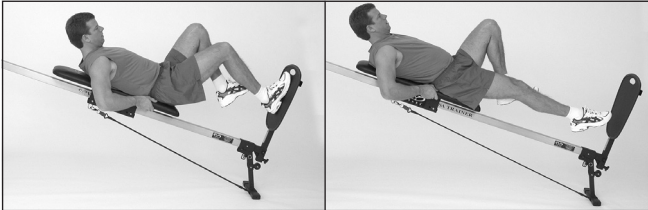
SQUAT



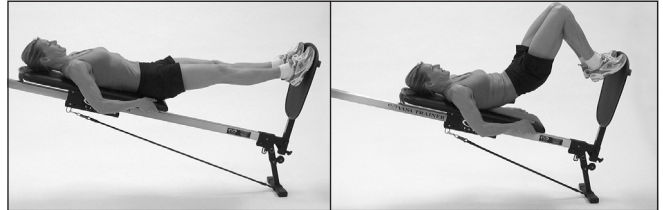
KNEELING BUTT BLASTER



LEG PLYOMETRICS - SINGLE LEG



BRIDGE PRESS



PLYOMETRIC SQUAT - WITH MEDICINE BALL



ABDOMINAL CRUNCH



CARDIO PULL



HIP AND LOW BACK STRETCH

