



Lunge

Legs



- 1 - Stand upright with the wobble board in front and your arms by your sides.
 - 2 - Take a step forward onto the wobble board, dropping your back knee toward the floor, leaning your torso slightly forward with your weight on your front leg.
- Push off your front foot to return to the start position.
 - Complete all reps on one side before switching to the other side.

Push Up

Chest



- 1 - Support your body with your hands on a wobble board, elbows bent and chest nearly touching it and your legs straight out on your toes.
 - 2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders throughout.
- Lower your body back to the start position and repeat.

Lateral Raise

Shoulders



- 1 - Stand upright with both feet on a rocker board holding the dumbbells at your sides with your arms straight.
- 2 - Raise the dumbbells up and outward to the sides to shoulder height.

Side Lunge

Legs



- 1 - Stand upright with the wobble board to one side and your arms by your sides.
 - 2 - Take a step laterally onto the wobble board, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.

Split Squat

Legs



- 1 - Stand upright with your feet split front to back and your front foot on a wobble board with your hands at your sides.
 - 2 - Lower your body towards the floor bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
 - 3 - Push off the front foot to return to start position, keeping your back flat throughout.
- Complete all reps on one side before switching to the other side.

Squat

Legs



- 1 - Stand upright with both feet on a rocker board using your arms to help balance.
 - 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
- Push through your heels to return to the start position, keeping your back flat and head up throughout the movement.

Uni Squat

Legs



- 1 - Stand upright with one foot on a wobble board and one foot slightly off the floor, hands on hips.
 - 2 - Slowly lower your body down towards the floor into a squat position, keeping your back flat and one foot off the floor.
- Push up through the heel of your standing foot to return to the start position.
 - Complete all reps on one side before switching to the other side.

ShWb-DB_Front_Raise

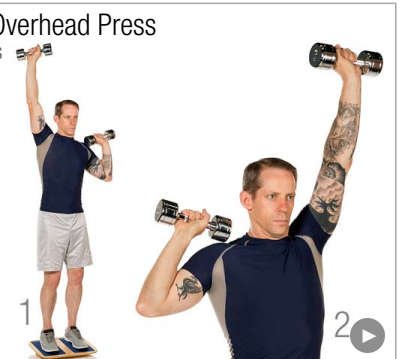
Shoulders



- 1 - Stand upright holding the dumbbells in front of your thighs with your arms straight and palms facing back.
 - 2 - Raise the dumbbells up in front to shoulder height, keeping your arms straight.
- Lower the dumbbells back to the start position and repeat, keeping your back flat throughout.

Recip Overhead Press

Shoulders



- 1 - Stand upright with both feet on a rocker board holding one dumbbell at shoulder level, elbow bent and the other overhead with your arm straight.
 - 2 - Press the lower dumbbell overhead while lowering the other one down to shoulder level.
- Both dumbbells should be moving at the same time, but in opposite directions.