



Build It Program

6 Exercises:
5-15 reps one
or more sets
2-3 x a week

1. Squat



Supported Squats

Video: Supported Squats

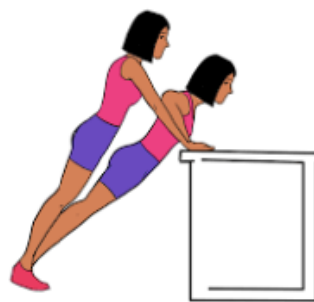
2. Hinge



Hinge

Video: Hinge

3. Supported Push Ups



Push Ups

Video: Push Ups

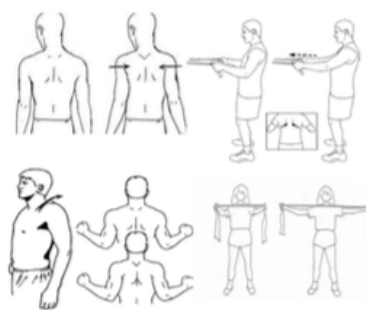
4. Split Squats



Split Squats or Lunges

Video: Lunge

5. Scapular Row



Scapular Rows and Squeezes

Video: Row

6. Calf Raises



Calf Raises

Video: Calf Raise