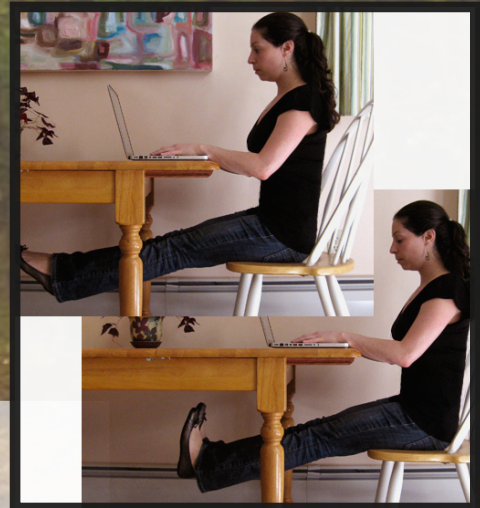


# WORK IT OUT

## AB LIFT

Place your hands on the base of the chair. Press into your palms, keep your knees bent, and lift yourself off the seat. Lift your knees as high as you can to get the most out of this ab exercise. Hold for 5-10 seconds. Repeat five more times.

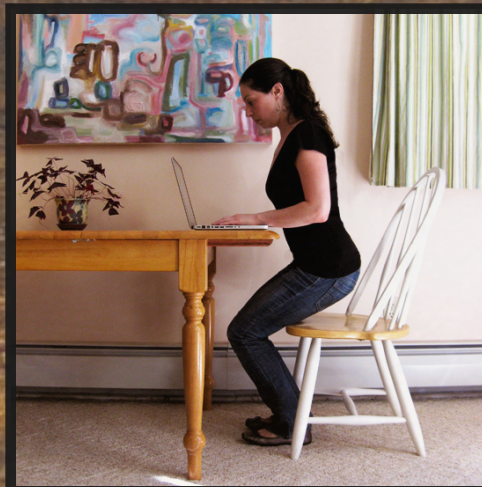


## TOE POINTS

Straighten your legs out in front of you, pressing your feet together. Lift your feet up as high as you can. Point your toes, then flex your feet as you keep your legs straight and lifted the entire time. Repeat 15 times.

## KNEE LIFT

Lift your right knee a couple inches off the ground and tilt your right foot inward and up toward the ceiling as high as you can. Hold for 5 seconds and lower back to the starting position. Repeat 10 times on each leg.



## CHAIR SQUAT

With your feet together and flat on the floor, press into the ground to lift yourself a few inches off your seat. Hold for 10 seconds, and then sit back down. Repeat five more times.