

MINI BOOT CAMP IN A DOOR FRAME

General Guidelines

Warm up thoroughly first.

Perform slowly with good posture.

Gradually increase repetitions when it's easy to complete 8-12 reps.

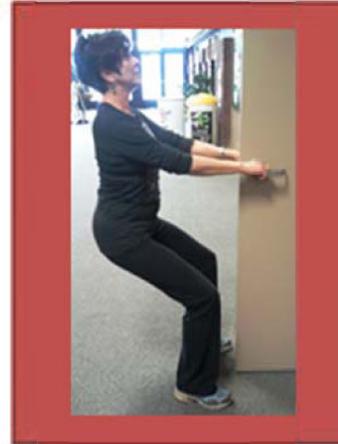
Maintain regular breathing patterns.

If any pain occurs while doing any exercise-STOP.

Pull Backs



Door Pull Squat



Push-ups



Back Lunge



Squat Sit & Reach



One-Leg on a Pillow



Side Step-ups

