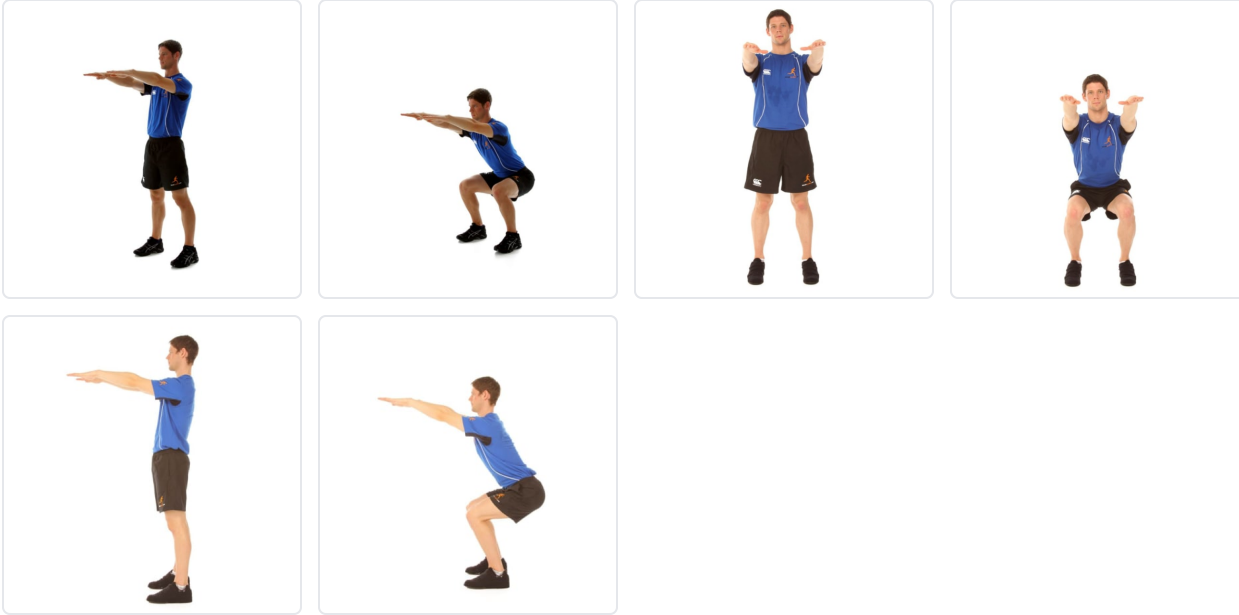


## General Muscular Strength and/or Endurance

### Squat



#### Description

- Stand with your feet shoulder width apart and your arms outstretched
- Lower the hips back as though to sit on a chair
- Drive the hips forward and up to standing

## Lunge

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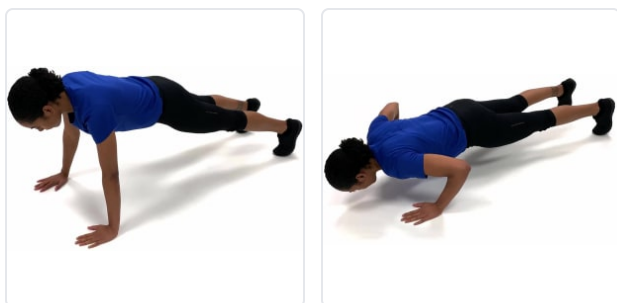


### Description

- Stand with your arms across your chest
- Take a large step forward and lower your body toward the floor keeping the knee above the floor
- Drive the hips up to standing

## Press Up

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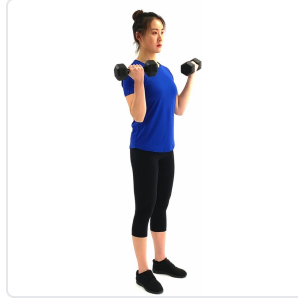
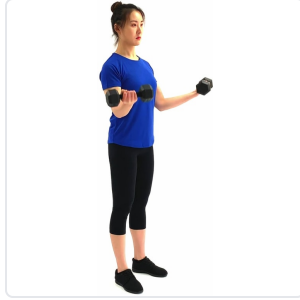
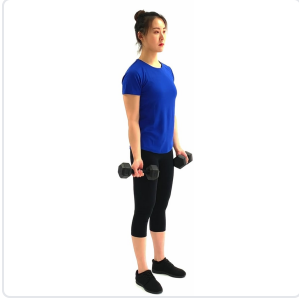


### Description

- Place the hands on the floor in a press up position
- Bend the arms to lower the body to the floor
- Keep the body straight and press the body back up

## Bicep Curl with Dumbbells

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### Description

- Hold dumbbells by your side
- Bend the elbow to raise the dumbbells to your shoulders
- Lower the dumbbells to your side