

1 - SIDE LUNGE -RIGHT



2 - SPLIT LUNGE RIGHT



**3 - SINGLE LEG BUTT LIFTS
RIGHT LEG**



4 - PLIE SQUATS



5 - SIDE LUNGE -LEFT



6 - SPLIT LUNGE - LEFT



**7 - SINGLE LEG BUTT LIFTS
LEFT LEG**



8 - PLIE SQUATS

