



Wide Leg Squat



Standing Leg Curl



Knee Extension



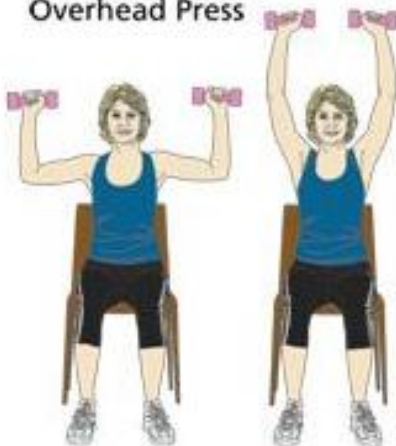
Side Leg Raise



Biceps Curl



Overhead Press



Seated Row



Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
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