



Welborn Foundation
Wellness & Fitness Center

EXERCISE EQUIPMENT

WHAT YOU CAN DO
WITH WHAT YOU
HAVE.



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STABILITY BALL

HAMSTRING CURLS



SQUATS



RUSSIAN TWIST



KNEE TUCKS



PLANKS



COMPLETE 2 SETS OF 10 REPS

EXERCISE TUBES

**SHOULDER
PRESS**



SQUATS



**BICEP
CURLS**



**GLUTE
KICKBACKS**



**TRICEP
EXTENSION**



COMPLETE 2 SETS OF 10 REPS

DUMBBELLS

BICEP CURL



GOBLET SQUAT



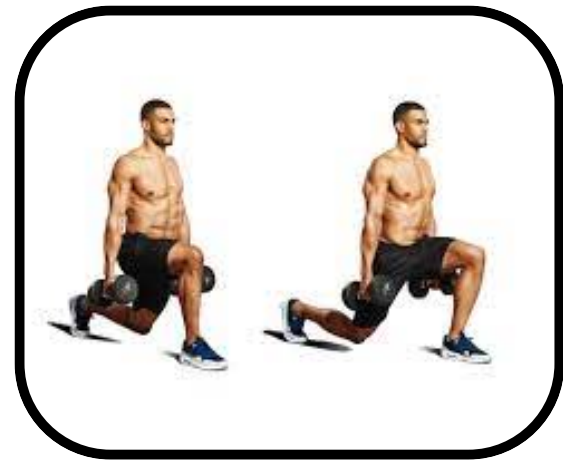
LATERAL RAISE



ARNOLD PRESS



SPLIT SQUAT



COMPLETE 2 SETS OF 10 REPS

MEDICINE BALL

CIRCLES



TOE TOUCH



SUPERMAN



SINGLE-LEG DEADLIFT



RUSSIAN TWIST



COMPLETE 2 SETS OF 10 REPS

BODY BAR

CURTSY LUNGE



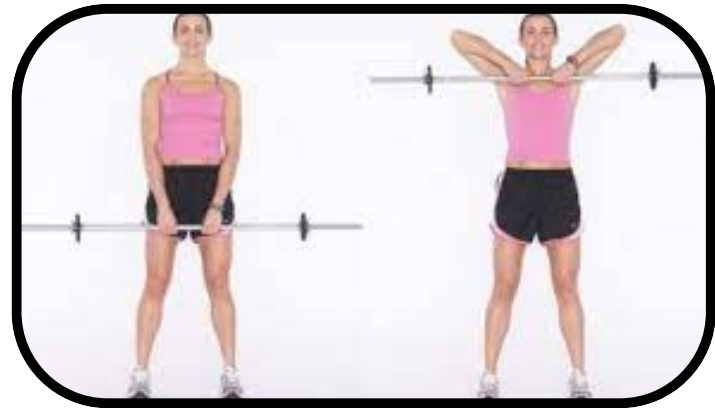
CALF RAISES



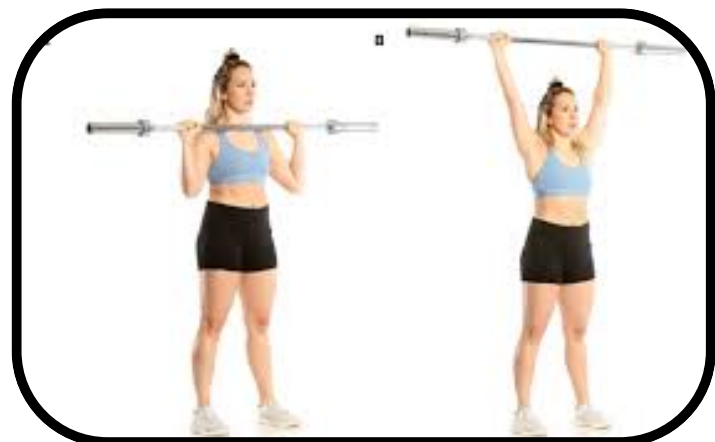
BACK SQUAT



UP-RIGHT ROW



PUSH PRESS



COMPLETE 2 SETS OF 10 REPS

THE RABANDS

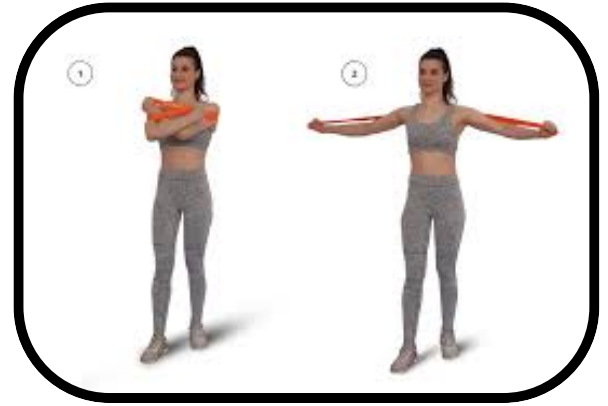
REVERSE FLY



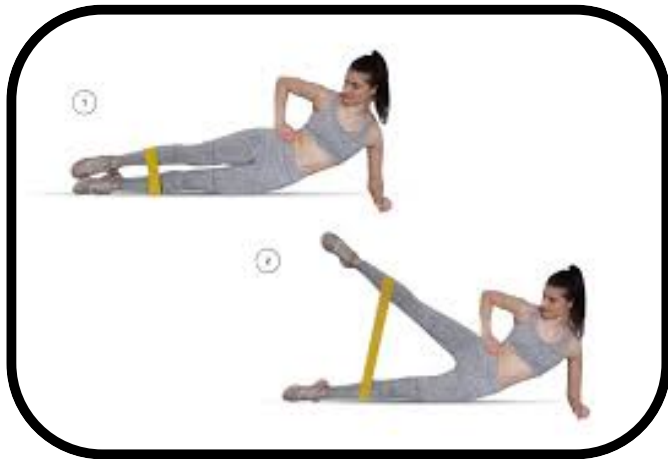
SQUAT



CHEST FLY



LATERAL
LEG RAISE



LUNGE



COMPLETE 2 SETS OF 10 REPS

STEPS

UP DOWN



MOUNTAIN CLIMBERS



POWER KNEE LIFT



PUSH UPS



STRADDLE FEET



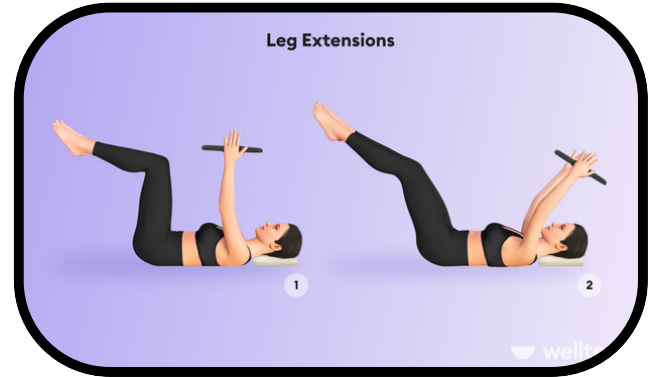
COMPLETE 2 SETS OF 10 REPS

PILATES RINGS

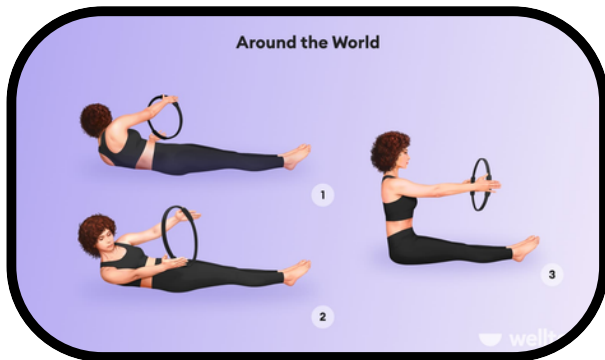
CHEST EXPANSIONS



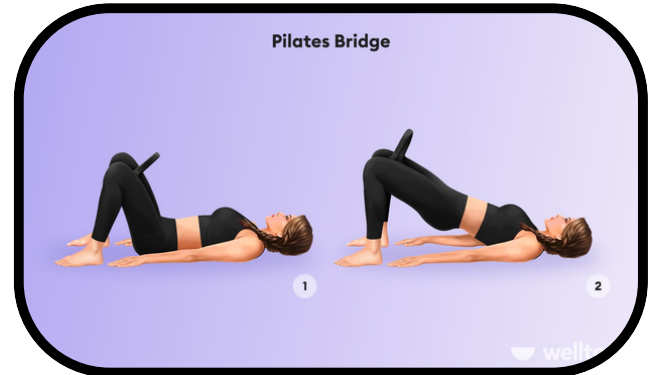
LEG EXTENSIONS



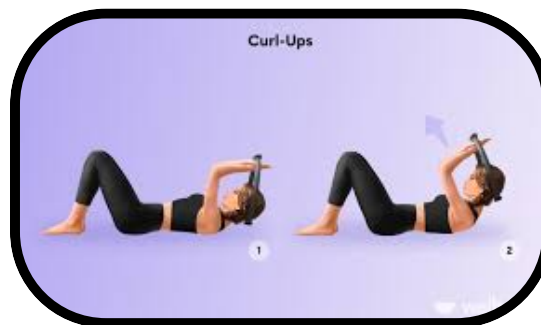
AROUND THE WORLD



PILATES BRIDGE



CURL UPS



COMPLETE 2 SETS OF 10 REPS

YOGA BLOCK & MAT

**HIP FLEXOR
RELEASE**



**TRIANGLE
POSE**



**UPWARD
FACING
DOG**



**PRAYER
TWIST**



**EXTENDED
COBRA**

