



TIILIMÄEN TITAANIN
TREENITEHDAS

PRESENTS:

HOME TRAINING

MORE STRENGTH - MORE MOBILITY - MORE GOOD FEELING



Squats



Lunges



Squat Jumps



Hamstring Stretch



Gluteal and Lumbar
Rotation Stretch



Extension Exercise



Plank



Mountain Climbers



Push Ups



Lumbar Flexion
Stretch



Supine Hamstring
Stretch



Hip Bridge Exercise



Donkey Kicks



Arm and Leg plank



Single Leg-Row



Leg Raises Exercise



Sit Up



Triceps Bench Dip