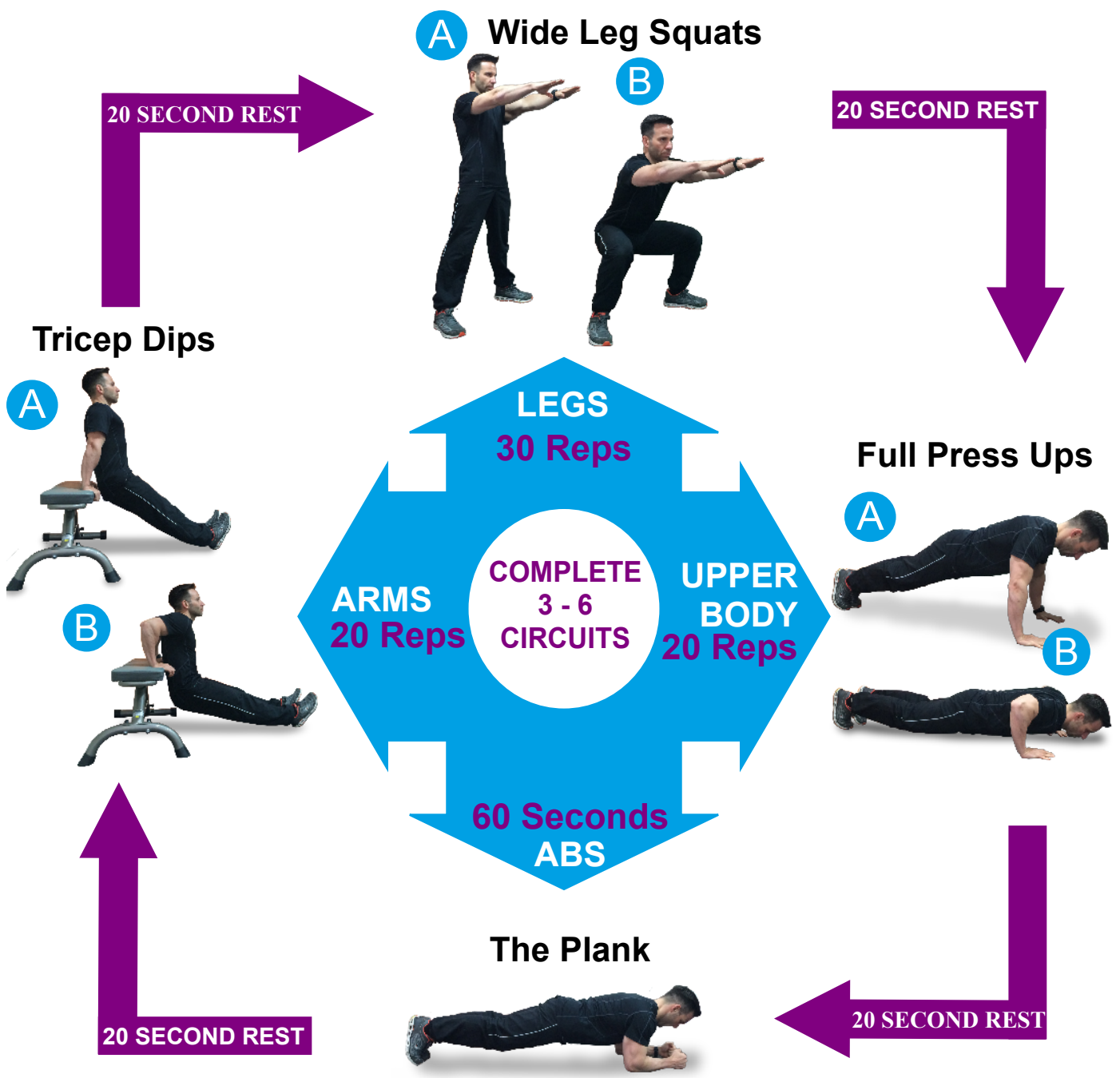


# HOW TO GET MAXIMUM RESULTS WITH MINIMUM KIT

Created by dannywallispt.com



## MAKE SURE YOU STAY SAFE...

### Wide Leg Squats



- Maintain a straight back throughout
- Keep your knees over your toes
- Keep your body weight on your heels

### Full Press Ups



- Keep your lower tummy pulled in for a strong core
- Beginners go from the knees, intermediate & advanced from the toes

### The Plank



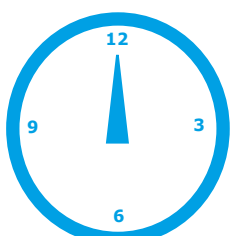
- Maintain relaxed shoulders & neutral spine
- Pull in on lower tummy to support your back
- Breath comfortably

### Tricep Dips

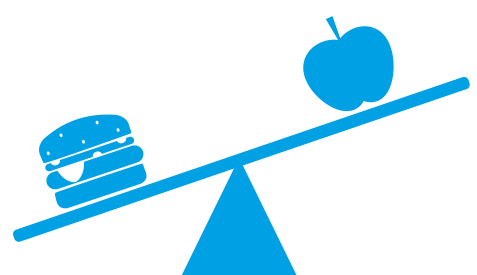


- Maintain straight back throughout
- Bend your knees to make it easier
- Use a chair if you don't have a bench

## FOR BEST RESULTS...



KEEP YOUR  
**REST**  
TIMES TO A  
MINIMUM



REMEMBER YOUR  
**ABS ARE MADE IN**  
**THE KITCHEN**