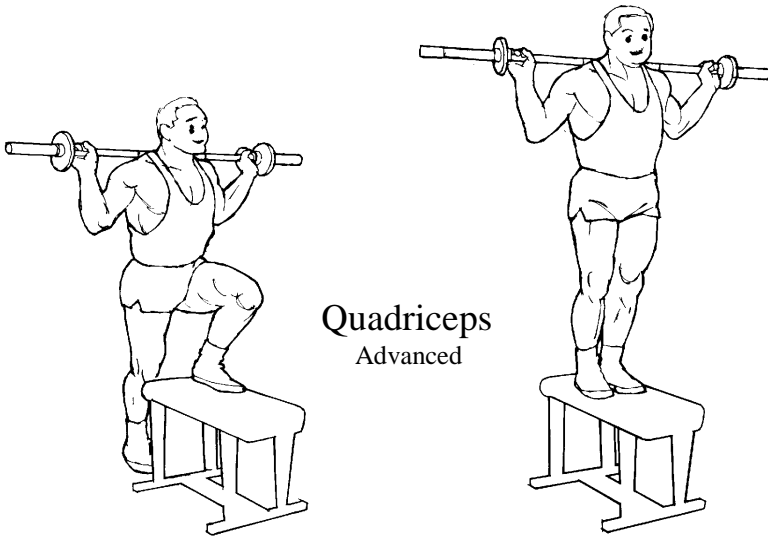
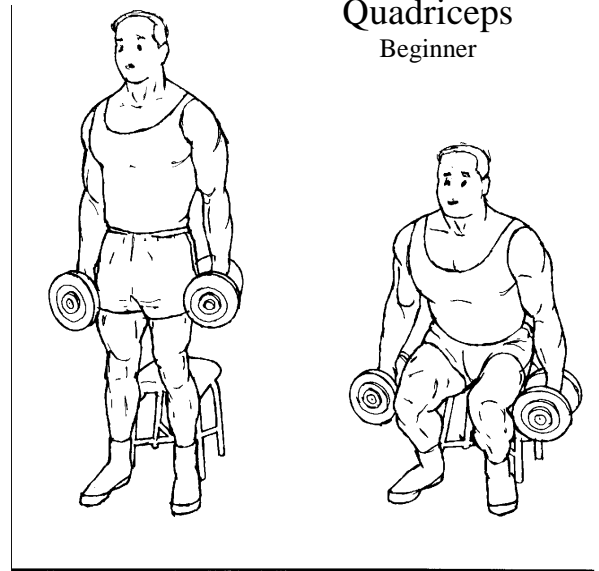


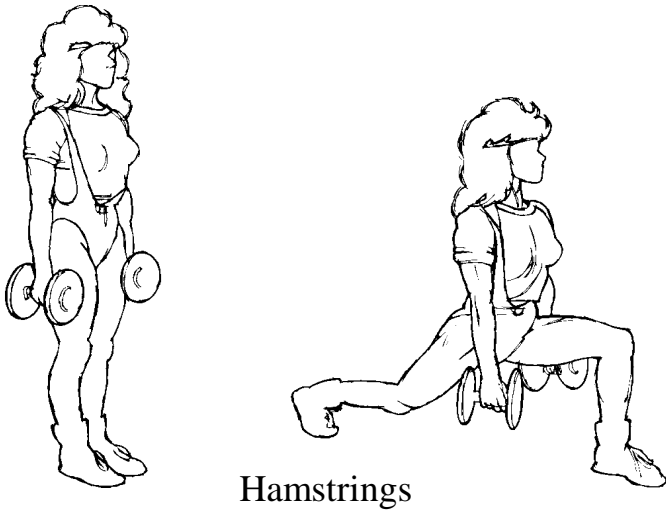
# Lower Body Cross Reflex Exercises



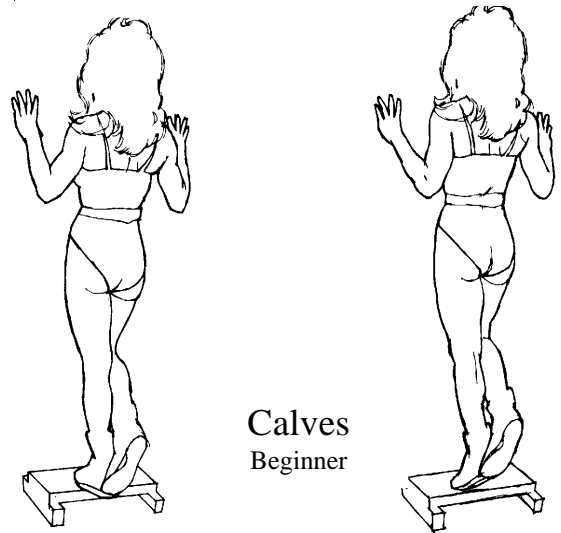
Quadriceps  
Advanced



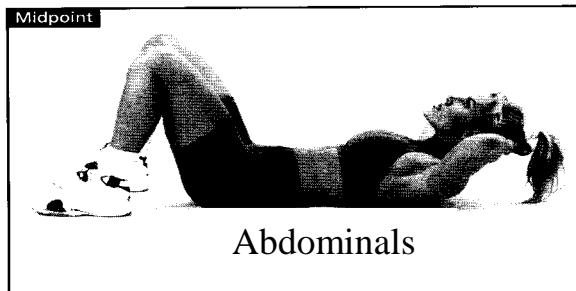
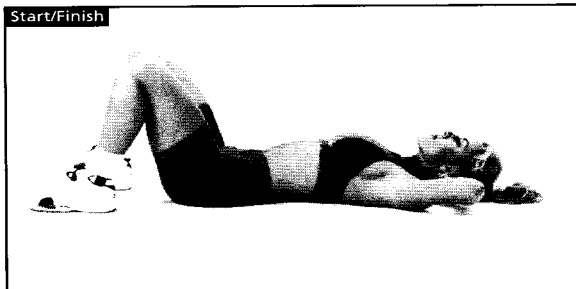
Quadriceps  
Beginner



Hamstrings

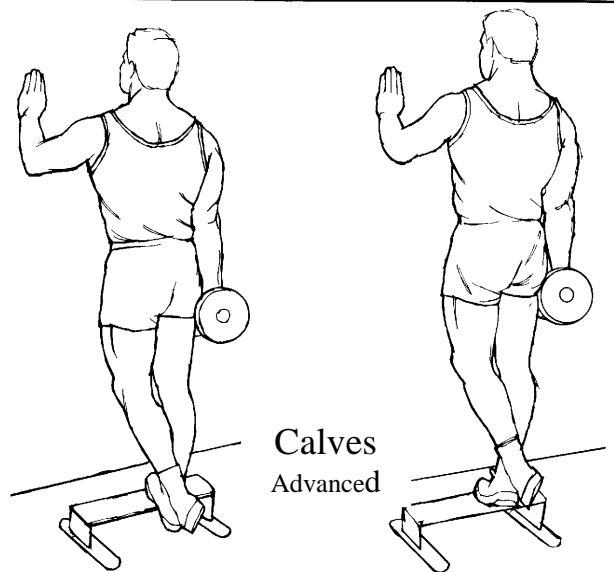


Calves  
Beginner



Abdominals

The Exercise: Start by pushing your lower back down.



Calves  
Advanced