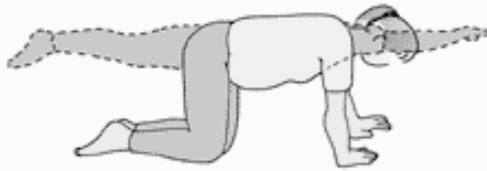
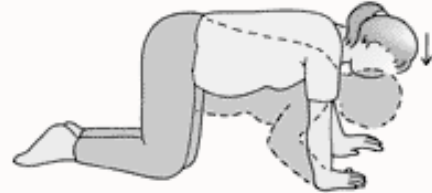


Antenatal & Postnatal Exercises



Quadruped arm/leg raises



Modified push-up



Lunges



Wall slide



Heel raises



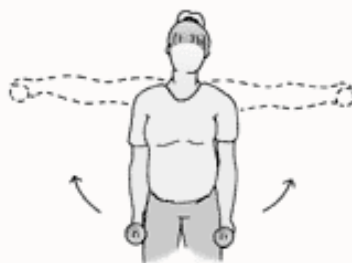
Rowing



Thoracic extension



Arm slides on wall



Shoulder abduction



Biceps curls

