

GAMBE

|                                                                                     |                                                                                     |                                                                                      |                                                                                       |                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|    |    |    |    |  |  |
| 1 Squat                                                                             | 2 Affondi                                                                           | 3 Affondi                                                                            | 4 Squat                                                                               | 5 Squat                                                                             | 6 Squat                                                                             |
|    |    |    |    |  |  |
| 7 Bridge                                                                            | 8 Side kick                                                                         | 9 Inside kick                                                                        | 10 Back kick                                                                          | 11 Bridge                                                                           | 12 Bridge                                                                           |
|    |    |    |    |  |  |
| 13 Back kick                                                                        | 14 Double                                                                           | 15                                                                                   | 16 Side kick                                                                          | 17 Leg Curl                                                                         | 18                                                                                  |
|  |  |  |  |                                                                                     |                                                                                     |
| 19 Back Kikc                                                                        | 20 Leg Press                                                                        | 21 Leg Extension                                                                     | 22 Lounge                                                                             |                                                                                     |                                                                                     |