
Exercise	Sets × reps	Tip
Squats	2 × 12	Knees track over toes
Reverse lunges	2 × 8 each leg	Upright chest
Glute bridges	2 × 15	Squeeze at the top
Calf raises	2 × 15	Slow down
Plank	2 × 30 s	Straight line head to heel
Side plank	2 × 20 s each side	Hips high