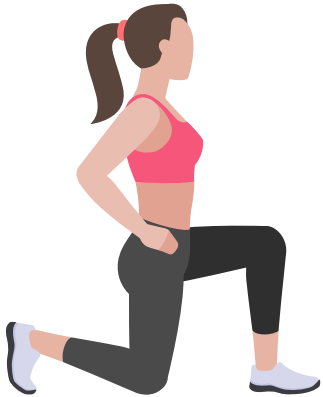
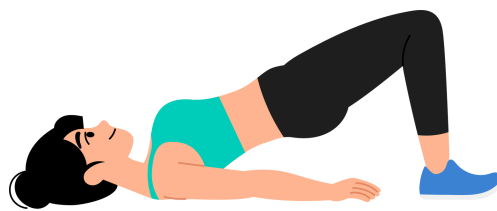
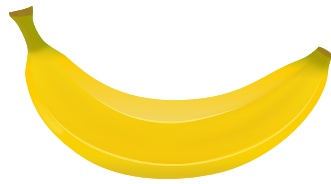


BANANA ROLL EXERCISES

15 exercises to tackle those lil' banana rolls!



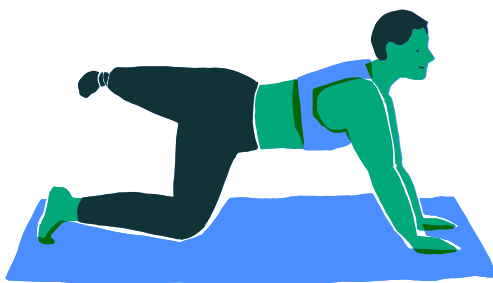
Lunges



Glute Bridges



Donkey Kicks



Fire Hydrants



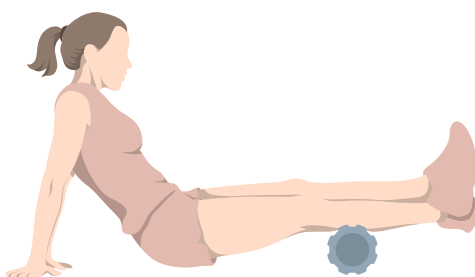
Step Ups



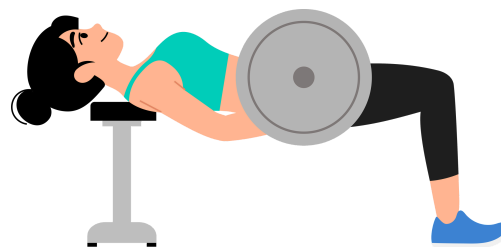
Curtsy Lunges



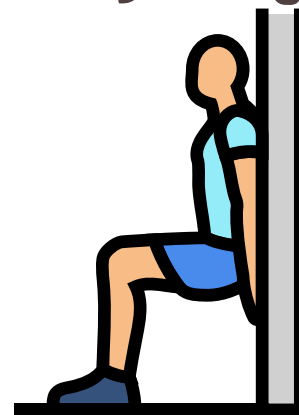
Side Plank Leg Lifts



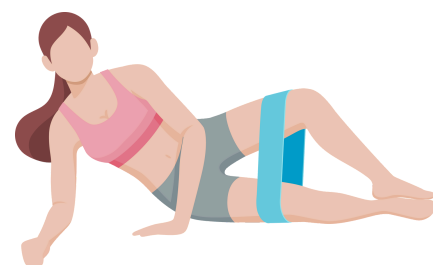
Hamstring Curls w/ Ball



Hip Thrusts



Wall Sits



Clam Shells



Sumo Squats



Single Leg Dead Lifts



Side Plank Leg Lifts



Pulsing Squats