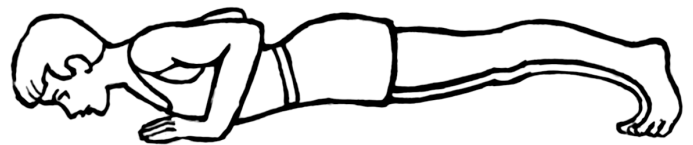
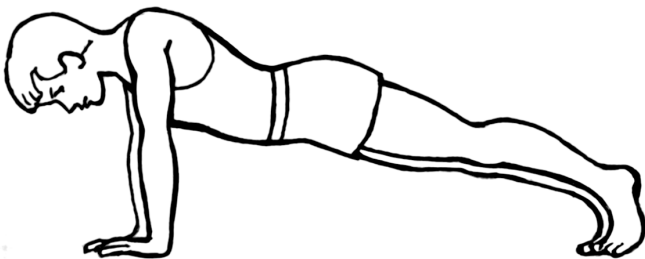




**PE BUDDY**  
YOUR ONLINE HOME OF PE



# PUSH UPS





1. Start in a flat prone position
2. Bend elbows and lower chest
3. Return to starting position



**PE BUDDY**  
YOUR ONLINE HOME OF PE



# SIT UPS





1. Lie on back with knees bent
2. Bring chest towards knees
3. Return to starting position



**PE BUDDY**  
YOUR ONLINE HOME OF PE



# SQUATS





1. Start standing
2. Bend knees, keep chest up, lower bottom
3. Return to starting position