

Feb- For arm see Jan list

Lateral Lunges	<a href="#">▶ How To Series   LATERAL LUNGE</a>
Calf Raises	<a href="#">▶ Calf Raise Exercise Demo</a>
Reverse Grip Row	<a href="#">▶ Reverse Grip Dumbbell Bent Over Row...</a>
Wall Sit	<a href="#">▶ How to Do a Wall Sit Exercise   30 Sec...</a>
Dumbbell Goblet Squats	<a href="#">Dumbbell Goblet</a>
Squat	<a href="#">Proper Squat</a>
Bulgarian Split Squat	<a href="#">▶ Bulgarian Split Squat with Dumbbells</a>
Glute Bridge March	<a href="#">▶ Glute Bridge March</a>
Walking Lunges	<a href="#">▶ The Walking Lunge</a>