



Whole-body-exercise posture:

Stand on the plate and stretch your feet as wide as your shoulders. This will help improve overall circulation and muscle tone.



Squat posture:

Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for a thigh workout.



Press-Up posture:

Stretch your arms as wide as your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.



Lower legs posture:

Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.

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