

STEP 1



STEP 2



### Runner's Step Up/Down

**SETS: 4 | HOLD: 30**

**Setup**

Begin in a standing position with one foot resting on a platform or step in front of your body.

**Movement**

Slowly step up, raising your knee to a 90 degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.

**Tip**

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

STEP 1



STEP 2



### Squat with Chair Touch

**SETS: 4 | HOLD: 30**

**Setup**

Begin in a standing upright position in front of a chair.

**Movement**

Lower yourself into a squatting position, bending at your hips and knees, until you lightly touch the chair. Return to the starting position and repeat.

**Tip**

Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.

STEP 1



STEP 2



STEP 3



### Burpees

**SETS: 4 | HOLD: 30**

**Setup**

Begin in a standing upright position.

**Movement**

Place your hands on the floor, then kick both of your legs backward, landing into a plank position. Perform a push up, then hop your legs back in toward your hands. Jump off the ground raising your arms overhead, then gently land, and repeat these movements

**Tip**

Make sure to keep your movements continuous and controlled during the exercise.

STEP 1



STEP 2



### Push Up

**SETS: 4 | HOLD: 30**

**Setup**

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

**Movement**

Slowly lower your body to the ground then push yourself back up and repeat.

**Tip**

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Tricep Dip from Chair

**SETS: 4 | HOLD: 30**

**Setup**

Begin sitting upright in a chair.

**Movement**

Move your body forward off the chair, keeping your arms on the edge. Slowly bend your elbows and lower yourself toward the ground, then push yourself back up, and repeat.

**Tip**

Make sure to keep your back straight and do not shrug your shoulders during the exercise. Your elbows should be bending straight backwards, do not let the flare out to the side.