

STEP 1



STEP 2



Push Up

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



Sit Up with Arm Reach

Setup

Begin lying on your back with your knees bent, feet flat on the floor, and your hands resting on your legs.

Movement

Tighten your abdominals and curl your body off the floor from your shoulders to your low back, as you slide your hands up your legs. Then slowly lower yourself back down and repeat.

Tip

Make sure to maintain a gentle chin tuck and keep your feet on the ground during the exercise.

STEP 1



STEP 2



Bent Knee Sit Up with Arms Crossed

Setup

Begin lying on your back. Bend your knees, placing your feet flat on the floor, and cross your arms on your chest.

Movement

Tighten your stomach muscles and curl your upper body off the floor, leading with your head and shoulders first until you are sitting upright. Slowly lower back down and repeat.

Tip

Make sure to maintain a gentle chin tuck and do not hold your breath during the exercise.

STEP 1



STEP 2



Squat

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



Standing Bicep Curls Supinated with Dumbbells

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Shoulder Flexion with Dumbbells

Setup

Begin in a standing upright position holding a dumbbell in each hand.

Movement

Keeping your elbows straight, slowly raise your arms in front of your body.

Tip

Make sure not to raise your arms above shoulder height, and try not to arch your back or shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Standard Lunge

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



Jumping Jacks

Setup

Begin in a standing upright position.

Movement

Start doing jumping jacks, raising your hands over head and jumping with your feet wide at the same time.

Tip

Make sure to land softly from each jump.

STEP 1



STEP 2



Running with High Knees

Setup

Begin standing upright in a long, flat, open space.

Movement

Move forward with quick small steps bringing your knees up to waist height each time.

Tip

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