

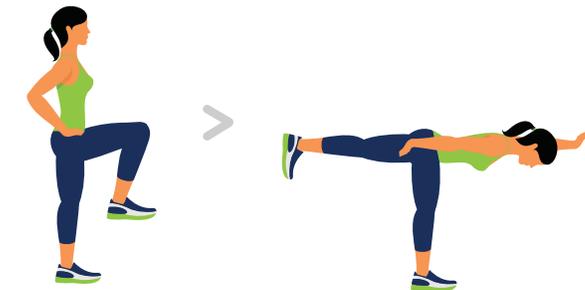
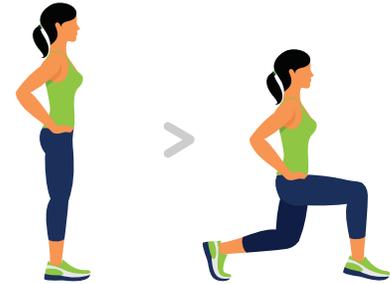
IT'S IN YOU TO MOVE AT HOME

EXERCISES WITH NO EQUIPMENT

LOWER BODY

REVERSE LUNGE

Stand with feet together. Slowly lift one foot off the floor and step back lightly. Try not to tilt or sway the upper body. Lower your body until your front thigh is parallel to the floor, knees behind toes. Keep your back straight. Firmly pull yourself back up with the front leg. Repeat for 8 – 15 repetitions and then switch legs. Focus on a downward movement of your hips towards the floor, avoid driving your hips forward



INVERTED FLYERS

Stand with feet hip-width apart. With the right foot planted on the ground, lift the left knee to hip height. Keep the core tight. Lean forward on the right hip as you extend the left hip behind you. Reach the right arm forward and left elbow back. Straighten the left elbow and left knee. Repeat on other side.

SIDE LYING ADDUCTION

Lie on your side with your legs straight away from your body. Your hips and shoulders should be stacked up and aligned vertically to the floor. Slowly bring your lower leg forward until it is in front of your upper leg. Exhale and raise the lower leg off the floor until the hips begin to tilt or when you feel tension in your lower back. Do not allow the hips to roll forward or back. Inhale and slowly return to starting position. Repeat on other side.



SIDE LYING HIP ABDUCTION

Lie on your side with your legs straight away from your body. Your hips, shoulders and feet should be stacked up and aligned vertically to the floor. Exhale and raise the upper leg off the floor until the hips begin to tilt or when you feel tension in your lower back. Do not allow the hips to roll forward or back. Inhale and slowly return to starting position. Repeat on other side.



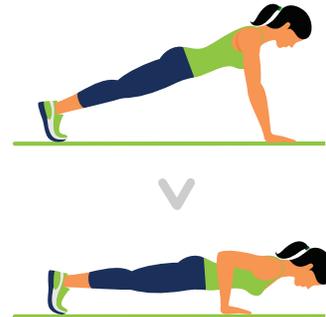
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EXERCISES WITH NO EQUIPMENT

UPPER BODY

PUSH-UP

Lie flat, face down, on an exercise mat. Place your hands at shoulder height and a little wider than your ribs. Your thumbs will be right under your armpits. Press up so that your arms are extended and you're resting on the tops of the knees where they attach to your thighs. Bend your elbows until they're at a 90-degree angle. Extend your elbows to the start position to complete one repetition. Work your way up to three sets of 12 repetitions

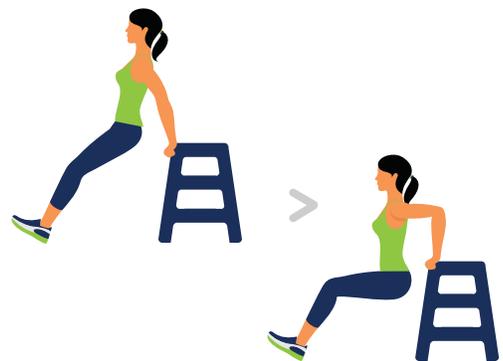


DUMBBELL CURLS

Hold a dumbbell in each hand with an overhand grip and arms fully extended with palms facing your sides. Feet should be shoulder-width apart and dumbbells should be resting at thigh level. Curl one dumbbell toward the same shoulder, keeping the opposite arm extended. As you curl the weight up, slightly rotate the wrist so your palm is facing you. Pause, and then return to the starting position. Alternate sides on the next repetition.

TRICEP DIPS

Using your body weight and a low wall or sturdy table, you can work this tough spot. Sit on a bench or low wall and place your hands at the edge, fingers pointing towards you. Walk your feet forward so that your body can dip below the level of the wall or bench without hitting it. Brace your core and roll your shoulder blades back and down. Descend until you feel a stretch in your triceps. Push back up to a straight arm without locking your elbows and repeat. As you advance, move further from the wall.



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EXERCISES WITH NO EQUIPMENT

CORE

SIDE PLANK (WITH BENT KNEE)

Lie on your right side with your knees bent and legs stacked on top of each other. Keep your core tight. Your right elbow is bent and directly under your shoulder. Lift hips up and hold for 15 - 30 seconds. Repeat on other side.



SUPINE REVERSE CRUNCHES

Lie on your back, arms along your sides with palms facing down. Exhale and slowly lift your feet off the floor, raising your knees directly above hips. Bend your knees to 90°. Slowly raise your hips off the mat, rolling your spine up and pressing your feet to the ceiling. Inhale and release the breath as you lower your spine and hips back to starting position.

BIRD-DOG

Come to a hands and knees position so knees are under hips, and wrists are under shoulders. Keep your core tight, back flat and hold for 15 - 30 seconds. Lengthen the left leg off the floor until it is parallel to the floor and at hip height. Simultaneously raise and lengthen the right arm at shoulder height. Lower yourself back to starting position and switch sides.



INCHWORMS

Stand with feet together. Exhale and bend forward with knees slightly bent. Lower your torso towards the floor until you can place your hands on the floor in front of your body. Slowly walk your hands back to your feet and return to a standing position. Perform one full push-up. Slowly walk your hands back to your feet and back to a standing position.