



Do each exercise resting 45-60 before repeating. The reps are a goal to reach for, if you can't do them right away that is okay. Build up until you can.

Equipment: Bodyweight

Alternating Superman

Hotel



1 - Lie face down on floor with your legs straight and your arms outstretched overhead.

2 - Raise one arm and the opposite leg straight up about 18 inches off the floor.

- Slowly lower both and repeat with the other arm and leg.
- Be sure to keep your arms and legs straight throughout and your head steady.

#	REPS	WEIGHT	TIME	NOTES
1	15			15 repetitions each side
2	15			
3	15			

Dead Bug

Abs



1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.

2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.

- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	30			alternating sides
2	30			
3	30			

Kneeling Push Up

Chest



1 - Support your body on your knees and hands with your elbows bent, feet raised and your chest nearly touching the floor.

2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			If this is too easy you can do them on your toes, if they are too hard you can do them on a wall.
2	15			
3	15			

Prisoner Squat

Legs



1 - Stand upright with your feet flat and shoulder-width apart and your hands at the sides of your head.

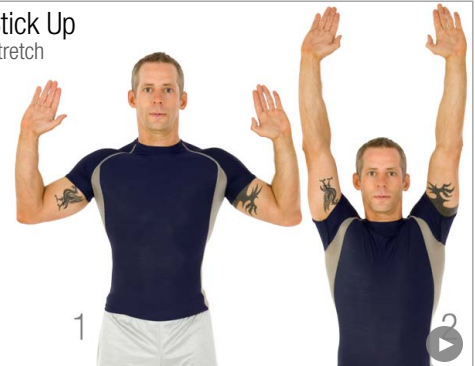
2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.

3 - Push through your heels to return to the top position, keeping your back flat, your head up and your hands at the sides of your head throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Stick Up

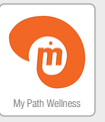
Stretch



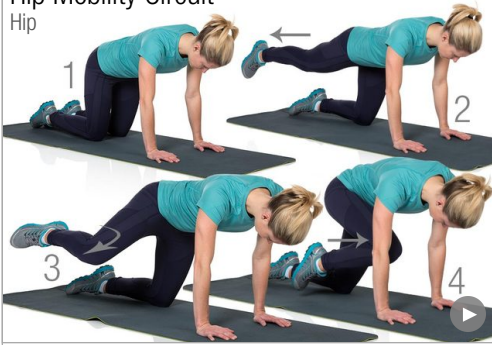
1 - Stand upright with your hands at shoulder height, elbows bent and your palms out

2 - Straighten your arms overhead, extending fully.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Hip Mobility Circuit
Hip



- 1 - Kneel with your knees directly under your hips and hands under shoulders.
 - 2 - Slowly reach straight back with one leg as far as possible.
 - 3 - Immediately bring your leg up and out to the side, allowing your knee to bend.
 - 4 - Continue the movement by bringing your knee up toward your chest as far as possible.
- Slowly return to the starting position in the reverse order.
 - Variation: Complete the same movement sequence while standing with your

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			