



Exercise Bank

Advanced

Burpee with Push-Up



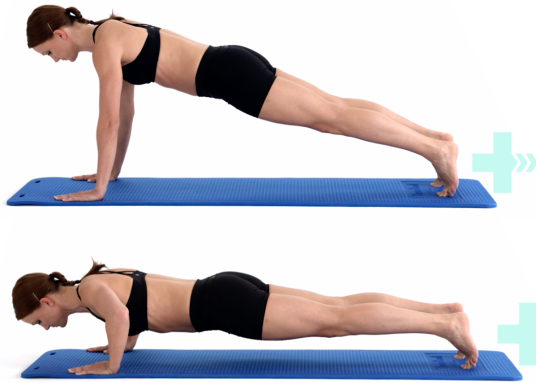
- 1) Start position is standing upright. Drop down into a press up position, then lower until your chest is just off the floor.
- 2) Keep your back straight and core engaged to avoid sagging. Push up, extending your arms without locking elbows.
- 3) Then jump up into the squat thrust position, then without pause use both legs to leap upwards, extending the arms overhead during the upward movement.
- 4) Control the landing using the knees and hips to absorb the impact and return to the start position.
- 5) The overall movement should be fluid and continuous.

Lunges



- 1) Stand with both feet hip width apart.
- 2) Lunge forward, making sure you land with the heel and your knee stays over the foot.
- 3) Push through the heel and return to the standing position.
- 4) Repeat with the other leg.

Push-Ups



- 1) Lie face down with hands under your shoulders and toes on the floor.
- 2) Push up, extending your arms without locking elbows.
- 3) Pause briefly, then lower until your chest is just off the floor. Keep your back straight and core engaged to avoid sagging.

Deadbugs



- 1) Lie flat on your back on a mat with your arms extended straight up toward the ceiling. Bring your legs up so your knees are bent at a 90-degree angle directly over your hips. Keep your spine neutral (pressing your lower back gently into the floor).
- 2) Slowly extend your right arm back behind you toward the floor while straightening your left leg toward the ground, keeping both limbs a few inches above the floor.
- 3) Pause briefly when your arm and leg are extended, focusing on engaging your core to prevent your lower back from arching.
- 4) Return your arm and leg to the starting position in a controlled motion.

Single Leg Glute Bridge



- 1) Start in lying.
- 2) Lift one leg off the floor and go up into a shoulder bridge.
- 3) Keeping the leg out straight and the thigh in line with the other thigh, lower yourself on the ground and lift yourself back up again to repeat.

Squat Jumps



- 1) Stand with your feet shoulder width apart.
- 2) Jump and land in a good squat position and hold the landing position for 2 seconds, then repeat.
- 3) When landing, make sure your knees don't go beyond your toes and your back is straight.

Wall Sit (marching)



- 1) Stand with your back flat against a wall, feet shoulder-width apart, and slightly out in front of you.
- 2) Slide down the wall until your knees are bent at a 90-degree angle, as if you're sitting in an invisible chair. Keep your knees directly over your ankles, and press your lower back firmly into the wall.
- 3) Lift your right foot off the ground a few inches, bringing your knee slightly toward your chest while keeping the other leg stable.
- 4) Lower your right foot back to the ground, maintaining the wall sit position, and repeat the movement with your left foot.
- 5) Continue to alternate "marching" your legs, aiming for a controlled, steady rhythm.

Crunch with Twist



- 1) Lie on Your Back: Bend your knees, place your feet on the ground, and lightly touch your hands to the sides of your head.
- 2) Crunch Up and Twist: Lift your shoulders off the ground, twisting your torso to bring your right elbow toward your left knee.
- 3) Return and Switch: Lower back down, then twist to the other side, bringing your left elbow toward your right knee.
- 4) Repeat: Continue alternating sides for each rep.

Jump Lunge



- 1) Start in a lunge (split squat) position with your hips and knees bent 90° . Your front knee should be above your front foot and your back knee shouldn't be in contact with the floor.
- 2) From this position, jump up and switch legs position quickly while in mid-air.
- 3) Continue this way until all repetitions are completed