



Exercise Bank

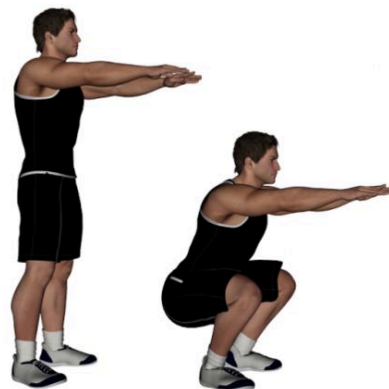
Beginner

Mountain Climbers



- 1) Adopt a plank position ensuring your hands are directly beneath your shoulders.
- 2) Fully flex one hip and hold.
- 3) Extend the bent leg to the rear and repeat the movement pattern on the opposite side

Body Weight Squats



- 1) Stand tall with your back straight and your feet hip width apart.
- 2) Initiate the squat by pushing your hips back, as if you were sitting on a chair.
- 3) Continue the movement by bending the knees, keeping them directly over the feet.
- 4) Lift back up and repeat.

Push Ups on Knees



- 1) Lie on your stomach with your hands beside your shoulders.
- 2) Keep your knees on the floor, raise your body off the floor by straightening your elbows, keeping your chin tucked in and your body straight as a plank..
- 3) Bend your elbows and lower yourself back down to the floor.

Plank



- 1) Start on all fours, then prop yourself up on your forearms and toes, with your chin tucked in.
- 2) Lift up your body, creating a straight line with your body.
- 3) Maintain the position without arching the lower back.

Glute Bridges



- 1) Lie on your back with your knees bent and your feet flat on the floor.
- 2) Tighten your buttock muscles and lift your hips up off the floor.
- 3) Make sure you keep your hips up and level throughout the movement.
- 4) Slowly lower your buttocks and hips back down, and repeat the exercise.

Jumping Jacks



- 1) Stand up straight with your feet together and your arms by your sides.
- 2) Jump up, spreading your feet out to the sides while bringing your arms overhead, forming a "star" shape.
- 3) Jump again, bringing your feet back together and your arms down to your sides.
- 4) Keep jumping in and out for a set time or number of reps.

Wall Sit (higher)



- 1) Stand up straight with a wall positioned behind you.
 - 2) Lean your back and buttocks against the wall, then walk your feet forward.
 - 3) Slide down the wall until you reach a 90-degree angle at your hips and knees.
- Ensure your back and buttocks remain in contact with the wall.
- 4) Hold this position.

Crunches



- 1) Lie on your back with your knees bent.
- 2) Place your arms across your chest, tuck your chin in, and lift your head and shoulders off the ground.
- 3) Lower your head and shoulders and repeat.

Static Lateral Lunges



- 1) Stand up straight with your feet hip-width apart and hands on your hips or clasped in front of your chest.
- 2) Take a big step to the right, keeping your left leg straight and bending your right knee. Push your hips back as if sitting into a chair, lowering your body toward the ground.
- 3) Press through your right foot to return to the starting position.
- 4) Repeat on the Other Side

High Knees



- 1) Stand tall with your feet hip-width apart and arms at your sides.
- 2) Quickly lift your right knee up toward your chest, then switch and lift your left knee, moving as if you're running in place.
- 3) Swing your arms with each knee lift to keep your balance and add intensity.
- 4) Keep alternating knees at a fast pace for a set time.