

Notes :

1 Push-up walkout



Stand with your feet together and bend over to touch the floor with your hands (the knees can flex slightly).

Maintain a flat lumbar spine as you walk forward with the hands without moving the feet.

Walk your hands out as far as possible without losing neutral lumbar spine and walk your hands back to the starting position and repeat.

3 Push-ups



Put your feet together and place your hands slightly outside of your shoulders.

Lower yourself all the way down so your chest almost makes contact with the ground and push back up.

Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times.

Do not let your chin move forward. Keep your head in line with your spine.

* Can be performed from the knees as well.

2 Push-ups on knees

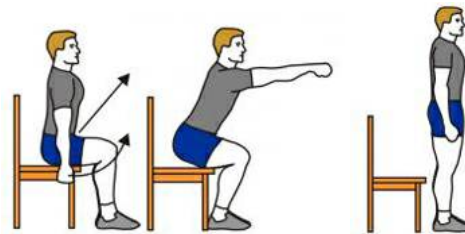


On your stomach, place your hands slightly outside of your shoulders.

Push yourself up and make sure that your body forms a straight line from your head to your knees.

Be careful to place your chest on the ground first and not your face.

4 Squat From Chair



- Keep back straight, chest out, abs tight and head up - Start sit on the front part of the seat

5 Bodyweight squat



Push the hips back and flex the knees to lower the body down until the thighs are parallel to the ground.
 Keep the back straight, chest out and shoulders back and down.
 You can balance yourself by raising the arms forward as you lower.

* add dumbbells to hands to add challenge.

7 Sit-up



Lay down with your feet flat on the floor and your hands on the sides of your head.
 Sit up to touch your knees with your elbows without losing contact between your fingers and head.

6 Jump Squats



Keep a neutral back with your core engaged.
 Move down into a 45 degree squat, power through your heels and hop. Cushion your landing by move directly into your next squat.

8 Crunch with feet elevated



Lay on your back with your feet elevated on a surface and knees bent to about 90°.
 Put your hands on the side of your head but do not pull on it.
 Pull your navel in slightly and raise the shoulder off the floor.
 Lower on the floor and repeat.

9 Abdominal crunch



Lay on the floor with your knees bent and legs up.

Your back must be flat on the floor.

Keep your face parallel to the ceiling and lift your upper back only.

Do not let the abdominals bulge out as you lift.