

HOME WORKOUT EXERCISE CHART

EXERCISES: Attempt all exercises for up to 1 minute. If you tire during this period have a short rest and then continue. Rest for up to 1 minute between exercises. There are 8 exercises to complete for the entire full body routine. As you improve repeat the exercises.

STRETCHING: Always stretch before you begin your exercise routine.

1

LUNGE



START POSITION: Stand with one leg in front of the other, legs wide apart. Ensure the front foot is planted on the floor & the back heel is slightly raised.



EXERTION: Drop the back leg toward the ground both knees are bent. Stop short of the back knee touching the ground. Hold for 30 secs. Repeat with other leg.

5

PUSH UP



START POSITION: Back straight & arms slightly past shoulder width. Stop before or when knees are 90-degree angles.



EXERTION: Lower until you feel pressure across the chest. Back straight & look down.

6

PRONE HOLD



START POSITION: Back straight. Hips up & squeeze the stomach tight. Keep hands apart.

2

DIPS



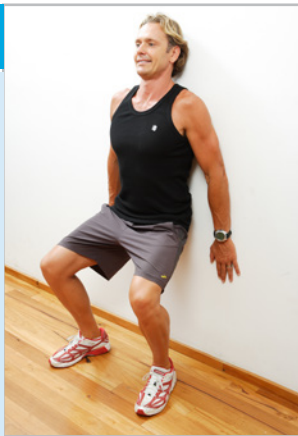
START POSITION: Make sure the chair is secure/Back straight & look forward.



EXERTION: Bend at the elbows. Take the weight through the legs. Keep your bottom close to the chair.

7

WALL SQUAT



START POSITION & EXERTION: Back & buttocks against the wall & keep your feet on the ground. Arms on the wall. Stop before or when your knees are at 90-degree angles.

3

SIT UP



START POSITION: Knees bent & lying with your back flat on the ground.



EXERTION: Slide hands forward and use your stomach muscles to lift off the ground. Try to get your upper back off the ground.

4

SQUAT



START POSITION: Feet at shoulder width & looking forward.



EXERTION: Bend the knees and lower into a squat keeping your back straight & focus on looking forward. Stop before or when the knees are at 90-degree angles.

8

TRICEP PUSH UP



START POSITION: Back straight. Hands in close.



EXERTION: Elbows in by your side & lower gently. Keep your back straight.