

Total Body WORKOUT

Simple and easy exercises you can do without fitness equipment.

Complete two to three sets of 10-15 repetitions each for the following exercises.

Lower Body



Squat

Stand up straight, with your feet shoulder width apart. Put your hands across your shoulders or overhead. Keeping your head up, maintain a neutral spine position and push your hips back like you're sitting in a chair. When your thighs are parallel to the floor and your knees are flexed at 90 degrees, hold for a few seconds and push back up to the starting position. Keep weight in heels and knees behind the toes.

Harder – Pistol Squats: lift one leg out in front of you, hold both arms out in front (like a pistol) and squat using the same form as above.



Straight leg bridge

Start on your back with one knee bent and one leg straight up in the air. Contract your glutes and lift your hip up as high as you can.

Easier – Bridge: keep both feet on the floor and lift hips.



Single leg hinge

Start standing up straight with a slight bend in the knees. Begin to lift one foot behind you as you reach your arms forward. Your body will end in a T shape. Keep the back toes pointed at the floor, your spine straight and your hips parallel to the floor. Return to start.

Easier: use a wall for balance.



Calf jumps

Stand on one leg and hands on hips. Jump side to side over an imaginary line staying on your toes.

Easier – double leg; keep both feet on floor and jump side to side.

Upper Body



Pushups

Assume pushup position with the arms and legs straight, back flat. The hands are slightly wider than shoulder-width apart. Next, bend the arms to lower your chest toward the floor. Let the elbows flair outwards as you lower your body. Tighten the abs, glutes and thighs to support your back and keep proper alignment.

Easier: keep the knees on the floor or put your hands on a table.

Upper Body Continued



Narrow pushups

Assume a kneeling pushup position with the arms straight and back parallel to the floor but place your hands three inches narrower on each side than shoulder-width apart. Next, bend your elbows and lower your chest to floor. The elbows stay tucked in toward your sides. Lower slowly and push back up if it's too difficult; or return to the start and just do the lowering portion.

Harder: do the inside pushup on toes instead of knees.



Pike pushup

Start in a pike or downward dog position. Keeping your head between your arms, look towards your feet and do an inverted pushup. Feet can be placed on a bench or step as well.

Easier: do this with your hands on a wall, looking at the floor, with your hips at 90 degrees.

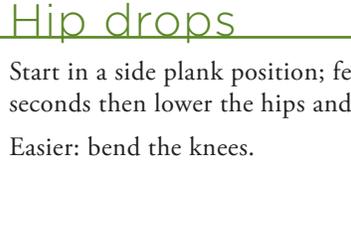
Core



Heel taps

Start on your back with legs at 90 degrees and knees over hips. Spine should be in neutral with the core engaged. Keeping the knees bent, lower one leg and tap the heel on the floor.

Harder: lower both legs at the same time.



Hip drops

Start in a side plank position; feet stacked and elbow under shoulder. Lift the hips up, hold for two seconds then lower the hips and barely tap the floor.

Easier: bend the knees.



Plank marches

Start on all fours; hands under shoulders and knees under hips. Engage the core and step one foot back then step the other foot back. Bring one knee back to the start then the other knee. Move the hips as little as possible. Alternate legs.

Harder: Start in plank position lift one heel into a leg curl; alternate legs.



Spinal Balance

Kneeling on all fours with a neutral spine activate the core then slowly lift the right hand so it straight out in front of the shoulder with the thumb on top. Then lift the left leg until it is straight out from the hip behind with the toe pointed toward the floor. Reach through your fingers and heel and then repeat on the other side making sure to keep the core activated.

Harder: pull the elbow and knee together under your body.