

# Exercises you can do at home

*For your core:*

## Pulse-ups 1

Lie on your back with your legs straight up, toes pointed, and arms flat on the floor alongside your body. Keeping your shoulders and arms on the floor, use your abs to lift your lower back and butt 1-2 inches off the floor. Do 20 reps to complete one set.



## Pulse-ups 2

Lie on your back with your legs and arms straight up. Use your abs to lift your shoulder blades 3-4 inches off the floor. Bring your arms straight up toward the ceiling, not toward your toes.



## Planks

Lie on the floor with your weight resting on your knees and your forearms. Lower your hips and torso so your body forms a straight line from your knees to your head. Tighten your core so your butt doesn't sag or stick up. Hold for 30 seconds. For an extra challenge, lift your knees and put your weight on your toes so the plank extends from your feet to your head.



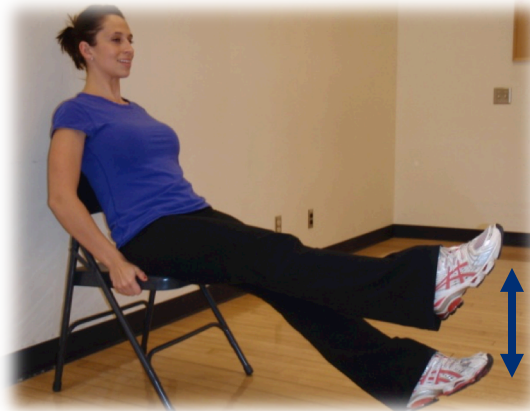
### Oblique twists

Sit on the floor with knees bent. Lean back slightly and raise the feet a few inches off the floor. Clasp your hands together in front of your chest, then twist your torso to the right and tap your hands to the floor next to your hip. Twist to the left and tap next to your left hip. Continue back and forth for 20 reps. For an extra challenge, hold a light weight in your hands.



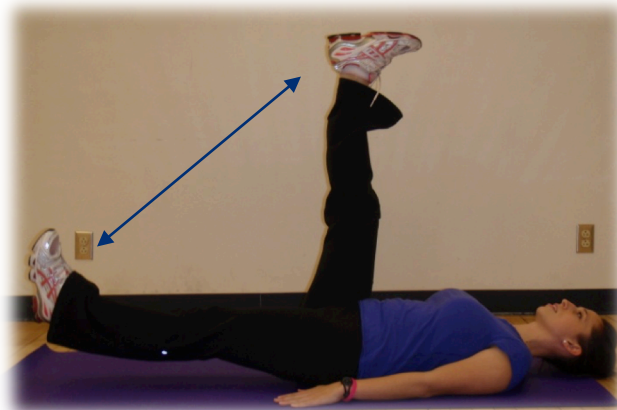
### Flutter kicks

Sit on a sturdy chair and grip the sides of the chair with your hands. Tighten your abs as you lean back slightly and lift your legs off the floor so they're extended straight out in front of you. Quickly "flutter" your legs up and down for 20 seconds, then relax.



### Scissors

Lie on your back with your right leg straight up and your left leg straight out in line with your body. Lift your left foot 1-2 inches off the floor. Hold for one second, then lower your right leg until it's just off the floor as you raise your left leg straight up. Continue to alternate for 20 reps.



## For your arms:

### Arms circles

Stand with feet shoulder-width apart. Hold your arms straight out to the sides. Contract your shoulder muscles to circle your arms forward. Complete 10-15 reps, then repeat with your arms circling backward. For an extra challenge, hold a light weight in each hand.



### Shoulder raises

Stand with feet shoulder-width apart and hold a light weight in each hand. Start with both hands resting at your sides, palms facing in. Slowly raise your arms straight out to the side until they are parallel to the floor. Lower back down, then lift your arms straight out in front of you until they are parallel with the floor. Continue to alternate as you complete 10 reps. For an extra challenge, try raising a knee as you raise your arms or squatting in between reps.



### Triceps extension

Lie flat on your back with knees bent and feet flat on the floor. Extend your arms straight up above your chest with a light weight in each hand. Slowly lower the weights down toward the floor by bending at the elbows while keeping your upper arms still. Straighten your arms to the starting position to complete one rep.





### Push-ups

Get into the modified push-up position with your arms straight beneath your shoulders and knees on the floor. Slowly bend at the elbows and lower yourself to the floor. Make sure to keep your back flat and butt down. Push back up to complete one rep. If you're just starting or have bad knees, try doing push-ups against a wall. Or, if you've mastered the modified version on the floor, lift your knees and do full push-ups.



### Shoulder press

Stand with your feet shoulder-width apart and a weight in each hand. Start with the hands in a "goal post" position, with the elbows in line with the shoulders and forearms perpendicular to the floor. Extend the elbows and press your arms straight up over head. Lower back to starting position to complete one rep.



### Tricep dips

Sit on a hard, sturdy chair with your knees bent and your hands gripping the seat on either side of your thighs. Slide forward until your butt is just off the edge of the chair and your weight is resting on your hands and heels. Slowly lower yourself down by bending at the elbows, then straighten your arms to complete one rep. For an extra challenge, straighten your legs.





**For your lower body:**

**Lunge with bicep curl**

Stand with feet together and a weight in each hand. Take a large step forward with your right foot, then bend both knees and lower your hips toward the floor until both legs are at 90-degree angles (your left knee should be just above the floor). Make sure your right knee doesn't go out past your toe. While in the lunge, curl both arms up, keeping your elbows tight against your sides. Lower your arms, come up out of the lunge, and repeat on the other side.



**Ballet squats**

Stand with feet wider than hip-width apart and toes pointed outward. Slowly squat down until your thighs are almost parallel to the floor, then slowly stand back up to the starting position. Do 15 reps to complete one set.



**Calf raises**

Stand with your feet shoulder-width apart, then use your calves to rise up on your toes as high as you can. Lower down and repeat for 20 reps. For an extra challenge, hold a weight in each hand.



### Leg raises

Lie on your side with your legs straight and stacked directly on top of each other. Slowly raise the upper leg away from the lower leg, making sure to keep your knee and toes facing forward. Lower down to complete one rep. Do 10 reps then switch sides.



### Superwoman

Lie on your stomach with your arms extended straight out over your head. In one motion, lift your arms so the chest rises off the floor while squeezing your glutes to lift both legs off the floor. Hold for 3-5 seconds, then relax and repeat.



### Single leg dips

Stand up straight and raise the left foot off the floor so you're balancing on your right foot. Slowly bend the right knee until your fingertips touch the floor, then slowly straighten your leg to return to the standing position. For an extra challenge, add a small hop on the right foot or a knee raise with the left leg as you rise to the standing position. Complete 10 reps then repeat on the left side.

