Our exercises are body weight or resistance staining exercises centered around calisthenics. This whole routine normally takes me under 30 minute to do not including walking.

Our exercises are:

1. Squats

2. Pushups

3. Super man planks

4. Floor knee dips

5. Tricep dips

6. Standing leg raises

7. Tip toes

8. Walking

SQUATS

LEVEL 1

1. Place feet slightly wider than shoulder width apart.

2. Arms stretched out in front to help you balance.

3. Heels and toes always kept flat on the ground.

4. Keep upper body upright for the whole squat motion.

5. Go as low as you possibly can with your squats. Make your calves and thighs touch when at the bottom.

6. Breath!

Once you’ve worked up to 30 of these level 1 squats, move to level two.

LEVEL 2

1. Place feet in a “V” together and perform the same squat.

work your way up to 30 and move to level three.

2. Breath!

LEVEL 3

1. Stand on stool or box with one foot.

2. Keep other foot extended and stretched out in front of you.

3. Upper body in same position at level one.

4. Going slowly and carefully, squat at low as possible on one leg.

5. Breath!

To make more difficult, stand on smaller box and lift your extended leg higher. Work your way up to 30.

PUSH-UPS

LEVEL 1 WALL PUSHUP

1. Head in neutral position.

2. Start with hands at shoulders width apart.

3. Always keep butt and hips from sinking down while in the pushup.

4. Touch your head to the wall in the “down position” of the pushup.

5. Incline your body to the wall to increase difficulty.

6. Breath!

Once you’ve reached 30, move to level 2.

LEVEL 2 KNEELING PUSHUP

1. In the kneeling position on the ground keep your feet tucked together behind your butt.

2. Place hands shoulder width apart on the ground.

3. Keep your butt and hips from sinking down.

4. Try and only touch your chest to the ground when in the “down position”.

5. Keep your elbows tucked in.

6. Place hand together in the center to increase difficulty.

7. Breath!

Once you are able to do 30, move to level three.

LEVEL 3 REGULAR PUSHUP

1. Place feet together toes on the ground. Almost in plank position.

2. Hands shoulder width apart.

3. Touch your chest to the ground.

4. Keep your elbows tucked in.

5. Don’t let your head sink.

6. Breath!

Work your way up to 30.

Evaluate where you need to start. I had to start with x2 wall incline pushups in the very beginning. Wall pushups or knee pushups, start with working your way up to 30 at your level.

SUPER MAN PLANK BACK/FRONT

1. Lay flat on the ground.

2. Arm and legs stretched out like super man!

3. Hold core tight.

4. Lift legs and arm up toward the ceiling.

5. Hold for 10 second.

6. Breath!

7. Repeat on stomach and back.

Work your way up to 50 each.

FLOOR KNEE DIPS

1. Lay flat on the ground.

2. Place arms flat on the ground stretched out from your body like a cross.

3. Tuck knees up near stomach.

4. Move knees/legs from side to side

5. Keep your upper body flat against the ground.

6. Keep your core tight.

7. Breath!

Repeat up to 50. Stretch legs out to increase difficulty.

TRICEP DIPS

1. Find a stool, chair, bed or step thigh height.

2. Stand with the chair behind you.

3. Place hands on chair behind you.

4. Place feet parallel or one foot apart a few feet in front of the chair.

5. Use the chair and your feet stretched slightly in front to support your weight and “dip” your butt downwards.

6. Dip as long as you can and come up.

7. To increase difficulty, stretch feet out as far as you can in front to put more weight on your arms.

8. Breath!

Work your up to 50.

STANDING LEG RAISES

1. Stand next to a wall or door.

2. Place one hand on wall or hold door to help keep balance.

3. Hold your core tight. Pelvis ticked in and shoulders back.

4. Lift one leg to the front from the hip, to the side and to the back parallel to the floor or as high as you can.

5. Keep your butt ticked in. Do not let your hips and torso move with your

legs.

6. Breath!

Repeat as many times as possible. Work your way up to 10 and increase reps as needed. Do not use balance support to increase core strength and difficulty.

TIP TOES

LEVEL 1

1. Use wall, chair or door to balance.

2. Keep feet in “V” shape together or shoulder width apart.

3. Rise up to your toes.

4. Hold fro 5 seconds.

5. Come down.

6. Breath!

Repeat up to 50.

LEVEL 2

1. Keep one foot off the ground low or extended.

2. Don’t use balancing aid.

3. Rise gently.

4. Hold for 5 seconds.

5. Come down.

6. Breath!

Repeat up to 50.

WALKING

Walk anywhere. Park farther away from the grocery store or work. Go on a walk with your family or a friend. Get outside and walk as much as possible. At least 15 minutes a day.

If you have a sitting job or are in school, get up and move for a few minutes every hour.