# Summa Move exercises

Always wanted some muscle growth? You’re at the right address! Several great muscle-increasing exercises are listed here with their corresponding instructions.



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# **Exercise**: Squid

### Preface

To start off, you’ll need enough space around you in order to perform the squid. As soon as you made enough space, you can start practicing the exercise. With this exercise, you train your quidriceps, glutes, hamstring and hips.

### Instruction

Step 1: Place your foots similar to your shoulders width.

Step 2: Let yourself sink until your knees reach a angle of 90 degrees. Be aware that your foots remain on shoulder width.

Step 3: Finally, slowly get back up again until you stand straight again.

### Summary

With 3 simple steps, you’ve now completed a squid! We hope you have lots of fun with this exercise.

# **Exercise**: Push-up

### Preface

This is a very famous exercise used by almost every body builder; the push-up. To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. This exercise trains you upper-body the most.

### Instruction

Step 1: Firstly, please go and sit with your knees on the ground and place your hands on the ground in front of you.

Step 2: Stretch your knees and make sure that you only touch interact your hands and feet with the ground.

Step 3: Slowly let yourself sink until your chest reaches the ground.

Step 4: Push yourself up again.

### Summary

With 4 simple steps, you’ve now completed a push-up! We hope you have lots of fun with this exercise.

# **Exercise**: DIP

### Preface

In order to successfully do a dip you’ll need the right equipment. This ‘equipment’ can be found in sport schools. If you’re low on budget, you could also use an chair. With this exercise, you’re going to train your triceps, shoulders and chest.

### Instruction

Step 1: Place your hands on the handles and stretch your arms. Try not to move your legs too much.

Step 2: Breath in and stretch your arms until your elbows reach an angle of 90 degrees.

Step 3: Finally, push yourself up again so you reach the position you started with.

### Summary

With 3 simple steps, you’ve now completed a dip! We hope you have lots of fun with this exercise.

# **Exercise**: Planking

### Preface

To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. Also make sure the ground you’re training on is stable. You train almost all muscles with this exercise.

### Instruction

Step 1: Firstly, please go and sit with your knees on the ground and place your upper arms on the ground in front of you.

Step 2: Stretch your legs and lay down on the floor.

Step 3: Push yourself up so that only your upper arms and feet reach the floor.

Step 4: Hold this position for as long as your possibly can.

### Summary

With 4 simple steps, you’ve now completed planking! We hope you have lots of fun with this exercise.

# **Exercise**: Horse stairs

### Preface

To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. Make sure the ground you’re training on is stable. Also check for people nearby, since you don’t want to hurt anybody. With this exercise you train your buttocks.

### Instruction

Step 1: Firstly, please go and sit with your knees on the ground and place your upper arms on the ground in front of you. Look at the floor while performing this exercise.

Step 2: Stretch your right leg.

Step 3: Remain the stretch for several seconds.

Step 4: Repeat these steps, but now with your left leg.

### Summary

With 4 simple steps, you’ve now completed the exercise! We hope you have lots of fun with this exercise.

# **Exercise**: Mountain Climber

### Preface

To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. Also make sure the ground you’re training on is stable. You train almost all muscles with this exercise.

### Instruction

Step 1: Firstly, please go and sit with your knees on the ground and place your hand on the floor in front of you.

Step 2: Stretch your legs and make sure that only your hand and feet touch the floor.

Step 3: Lift your right leg up and bring it as close to shoulder height as you can.

Step 4: Pull your leg and repeat with your other leg.

### Summary

With 4 simple steps, you’ve now completed mountain climber! We hope you have lots of fun with this exercise.

# **Exercise**: Burpee

### Preface

To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. Also make sure the ground you’re training on is stable. Performing this exercises trains your legs, arms, belly, back and your chest.

### Instruction

Step 1: Stand straight.

Step 2: Let yourself sink until your knees reach an angle of 90 degrees.

Step 3: Place your hands on the floor and jump in a push-up position. (Confused? See exercise ‘push-up’ for more info)

Step 4: Perform a push-up

Step 5: Get back up as soon as you can and jump in the air.

### Summary

With 5 simple steps, you’ve now completed burpee! We hope you have lots of fun with this exercise.

# **Exercise**: Lunge

### Preface

To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. Also make sure the ground you’re training on is stable. Performing this exercises trains your legs, hamstrings and buttocks.

### Instruction

Step 1: Stand straight.

Step 2: Set one foot forwards and sink yourself until hips are at the same level as your knee.

Step 3: Repeat with your other leg.

### Summary

With 3 simple steps, you’ve now completed lunge! We hope you have lots of fun with this exercise.

# **Exercise**: Wall-sit

### Preface

You need a flat wall in order to perform this exercise. Performing this exercises trains your legs and buttocks.

### Instruction

Step 1: Stand straight with your back facing the wall.

Step 2: Place your foot 0,5m forwards and let yourself sink until your knees reach an angle of 90 degrees.

Step 3: Hold as long as you possible can. Once you give up, you can go back to the start position.

### Summary

With 3 simple steps, you’ve now completed wall-sit! We hope you have lots of fun with this exercise.

# **Exercise**: Crunch

### Preface

To start off, please make some space around you. You’ll need at least 1m² of free space around you in order to practice this exercise. Also make sure the ground you’re training on is stable. Performing this exercises trains your belly.

### Instruction

Step 1: Lay on your back.

Step 2: Next up, lay your arms crossed over your body.

Step 3: Place your feet on the ground and make sure your knees make an 90 degrees angle.

Step 4: Slowly push up your shoulders while your lower back remains on the ground.

Step 5: Finally, lower your shoulders and take a breath.

### Summary

With 5 simple steps, you’ve now completed crunch! We hope you have lots of fun with this exercise.