

STAY FIT

7 EVERY DAY EXCERCISES



1

SQUATS

Squats are versatile exercises that target multiple muscle groups, promoting lower body strength, enhancing functional movement, and improving overall stability and athleticism.

2

PLANKS

Planks engage core muscles, fostering stability, improving posture, and reducing back pain risk, making them essential for overall strength and endurance.

3

LUNGES

Lunges are dynamic lower body exercises targeting muscles like quadriceps, hamstrings, and glutes, enhancing strength, stability, and balance.

4

PUSH-UPS

Push-ups are effective upper body exercises engaging muscles such as the chest, shoulders, and triceps, promoting strength, stability, and overall muscular endurance.

5

BURPEES

Burpees are full-body exercises that engage multiple muscle groups, promoting cardiovascular fitness, strength, and endurance with a combination of squats, push-ups, and jumps.

6

GLUTE BRIDGE

Glute bridges target the glutes and hamstrings, improving lower body strength and stability while also aiding in pelvic alignment and reducing lower back pain.

7

MOUNTAIN CLIMBERS

Mountain climbers are dynamic exercises engaging the core, arms, and legs, promoting cardiovascular fitness and agility with rapid alternating movements.