

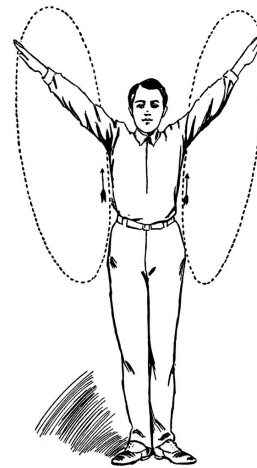
180 Jumps

Jump vertically while turning 180 degrees clockwise. Jump vertically while turning 180 degrees counterclockwise. You will end facing the direction you started.



Arm Circles

Stand tall, stretch your arms out to the sides. Move your arms making circles with your hands and keeping your elbows and wrists straight. Repeat the circles in the opposite direction.



Boat Pose

Lay on your back with your arms and legs extended. Bend your knees and contract your stomach muscles while pulling your knees towards your torso. Balance your body on your hips as you reach towards your calves with your arms.







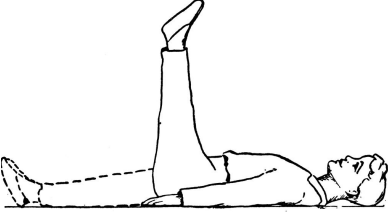



Burpees

Stand tall and bend your body into a squat position with hands just wider than shoulder width apart and knees between arms. Kick knees back into a high plank position. Bend elbows as you lower your torso into a push up. Straighten elbows as you elevate your torso into a plank. Bend both knees and jump forward into a squat position. Jump tall into the air with arms above your head. Land gently on your toes.



<h1>Butterfly Sits</h1>	<p>Sit tall with your legs in front. Bend your knees and place the bottoms of your feet together. Pull the heels of your feet in towards you. Flutter your knees up and down as you sit with your back straight.</p>	
<h1>Butt Kicks</h1>	<p>Stand tall, run in place and exaggerate the motion of your legs as if you were kicking your heels to your hips.</p>	
<h1>Child's Pose</h1>	<p>Lie on your stomach with your arms and legs stretched out. Bring your hips backwards so that you are sitting on your heels and your forehead is on the floor. Continue to reach forward with your hands.</p>	
<h1>Crocodile Pose</h1>	<p>Lie on your stomach. Place each hand on the opposite elbow. Rest your head on your forearms. Extend your shoulders and head off the floor.</p>	

<h2>Crunches</h2>	<p>Lay on your back with your knees bent. Lift your shoulders off the floor using your abdominal muscles. Your lower back should stay on the floor.</p>	
<h2>Cobra Pose</h2>	<p>Lay on your stomach. Place your hands under your shoulders. Lift your head and torso off the floor. Look up at the ceiling.</p>	
<h2>Crab Walks</h2>	<p>Sit down with your legs straight out, place your feet and hands on the floor. Lift your waist into the air, as high as you can, while bending your knees. Walk forward on your hands and feet. Don't let your pelvis drop. Keep your chest, pelvis and knees in a straight horizontal line.</p>	
<h2>Downward Dog Pose</h2>	<p>Go into a high plank. Lift your waist into the air while keeping your hands and feet on the floor.</p>	
<h2>Dips</h2>	<p>Place the heel of your hands on the edge of the chair with fingers pointing to your back. As you bend your elbows, keep your heels on the floor and lower your body a few inches into a squatting position. Keep your back straight, tall, and close to the chair. Straighten your elbows to raise your body.</p>	

<h1>Flutter Kicks</h1>	<p>Lay on your back. Lift your legs like the blades of scissors. Alternate lifting legs while pointing your toes and keeping your knees straight. Keep this motion quick and small.</p>	
<h1>High Knees</h1>	<p>Stand tall and lift one knee up as high as you can then put the leg down and repeat with the other leg. Move your opposite arm as you move your knee as if you are running in place.</p>	
<h1>Jog in Place</h1>	<p>Pretend that you are running. Move your arms and legs in a running motion but stay in one spot.</p>	
<h1>Jumping Jacks</h1>	<p>Stand tall with your feet together and your arms outstretched above your head with palms touching. Jump as you move your arms down to your sides and you spread your feet apart. Jump as you alternate positions.</p>	

Jump-Rope in Place

Pretend that you are jumping rope without moving forward or backwards. Jump in the air while rotating your hands as if spinning an imaginary rope.



Lemon Squeezes

Lay on your back with your arms and legs extended. Bend your knees and contract your stomach muscles while pulling your knees towards your chest. Balance your body on your hips as you reach towards your calves with your arms. Relax your body out of the modified V shape. Repeat.



Leg Lifts

Support your body on one arm stretched out to the side. Keep your head, torso and hips in line. Lift one leg into the air while balancing on the other leg and outstretched arm. Lower leg while keeping body in this side plank position.



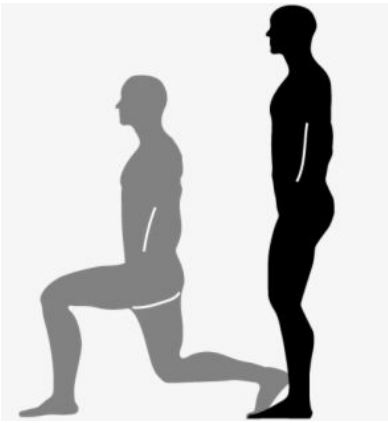


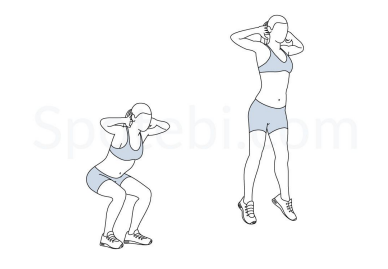
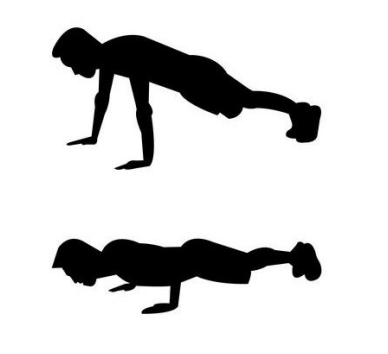
Low Plank

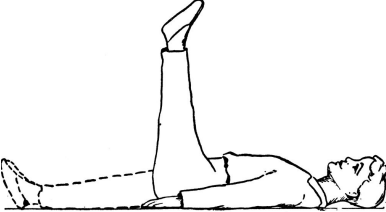
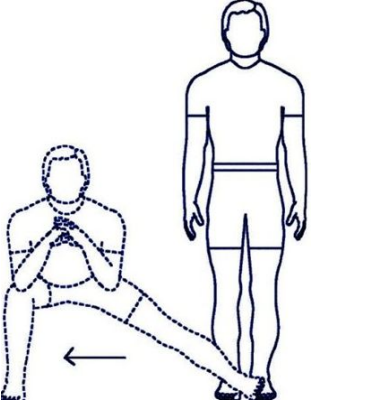


Support your weight on your forearms and toes. Keep your head, shoulders, hips and heels in a straight line.

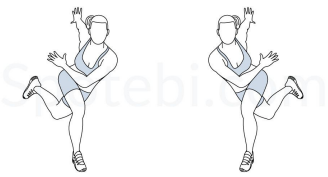
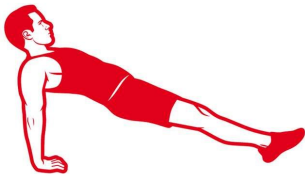


Too challenging? Try supporting your weight on your forearms and knees.






#Silhouette.pics

<h1>Lunges</h1>	<p>Stand tall. Step forward until your front leg is 90 degrees and your rear knee is parallel to the floor. Don't let your front knee bend beyond your toes. Step back with your front leg into the starting position.</p>	
<h1>Mountain Climbers</h1>	<p>Start in a plank position by supporting your weight on your hands and toes. Bend your right knee towards your chest. Extend right leg back into plank position. Repeat motion with your left leg. Continue alternating legs.</p>	
<h1>Planks</h1>	<p>Support your weight on your hands and toes. Keep your head, shoulders, hips and heels in a straight line.</p> <p>Too challenging? Try these alternatives by supporting your weight on your forearms and toes or forearms and knees.</p>	
<h1>Power Jacks</h1>	<p>Stand tall with arms touching your legs. Jump with your feet shoulder width apart. As you jump squat down with your hands in the air. Repeat.</p>	
<h1>Push-ups</h1>	<p>Lay on your stomach. Put your hands, fingers pointing forward, under your shoulders. Balance on your hands and toes (balance on knees if you are not able to balance on your toes). Straighten your arms and lift your torso off the floor.</p>	

<h1>Scissors</h1>	<p>Lay on your back. Lift your legs like the blades of scissors. Alternate lifting legs while pointing your toes and keeping your knees straight. Do this exercise slowly.</p>	
<h1>Side Lunges</h1>	<p>Stand with feet apart. Step to the side with the left leg. Bend the left knee and push your hips back as you keep both feet on the floor. Push back to the starting position.</p>	
<h1>Sit-ups</h1>	<p>Lay on your back with your knees bent and feet on the floor. Lift your torso off the floor using your abdominal muscles. Your shoulders and back should come off the floor as if you were sitting up.</p>	
<h1>Shoulder Taps</h1>	<p>Start in a plank position. Hands and feet should be shoulder width apart. Use your hand to tap your opposite shoulder. Wait one second then return to the plank position. Alternate arms.</p>	

<h1>Skaters</h1> <p>Repeat</p>	<p>Do a small jump to the right as you do, bring your right arm in front of you. Alternate back and forth</p>	
<h1>Slide Pose</h1>	<p>Sit on the ground with your feet outstretched in front of you. Put your hands on the ground and lift your legs and hips off the ground. Make sure that your knees, hips and shoulders are in a straight line. Make sure your fingers are pointing toward your feet.</p>	
<h1>Squats</h1>	<p>Clasp your hands together. Push your hips back as if you were sitting in a chair with your torso upright. Don't let your knees come farther forward than your toes.</p>	
<h1>Squat Jacks</h1>	<p>Stand straight with your feet together and hands by your sides. Jump up and spread your feet and bend your knees. Push and jump up and return to the starting position.</p>	 <p>SQUAT JACKS</p> <p>VectorStock® VectorStock.com/23532054</p>

<h1>Superman</h1>	<p>Lay on your stomach. Reach your arms out in front while you lift your arms and legs off of the floor. Imagine that you are flying.</p>	
<h1>Toe Touches</h1>	<p>Sit tall with your legs out in front of you. Stretch your hands toward your feet. If you can, grab your feet. You can also do a toe touch by standing tall and reaching down to your feet.</p>	
<h1>Tree Pose</h1>	<p>Stand tall with feet together. Rest your hands on hips for balance. Raise one leg and rest your foot on the opposite leg (calf or thigh). Raise your hands above your head with palms together.</p>	

Triangle Pose

Stand tall with feet shoulder width apart. Reach down your right hand and grab your right ankle while bending to the side. Reach your left arm tall into the air.



Wall Push-ups


Stand back two steps away from a wall. Place your palms on the wall shoulder width apart. Use your arms to move your face closer to the wall. Keep your head, shoulders and hips in a line.



Warrior 1 Pose

Stand tall and step backwards with the right foot. Bend the left knee and keep the right leg straight. Lift arms toward the sky. Put your palms together.



<h1>Side Plank</h1>	<p>Start on your side. put your feet together and point one arm toward the ceiling. Raise your hips until your body is in a straight line from head to feet. Hold the position without letting your hips.</p>	
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