

GET FIT IN MINUTES

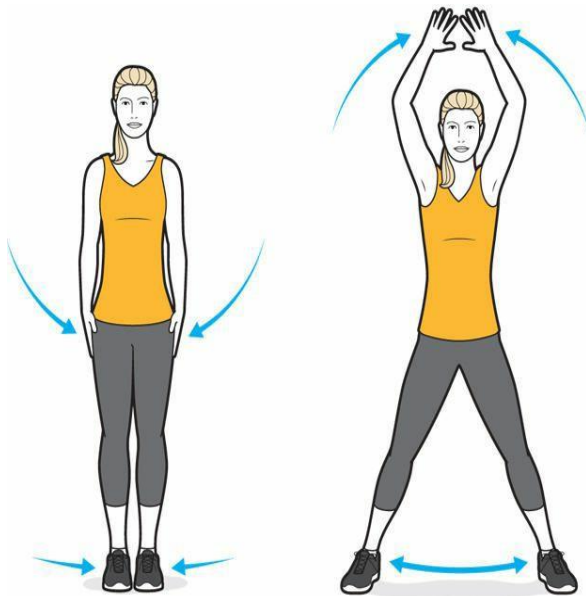
Basic Exercises

**MOTIVATION TO LOSS WEIGHT AND
FIT**

JUMPING JACKS

STEPS:

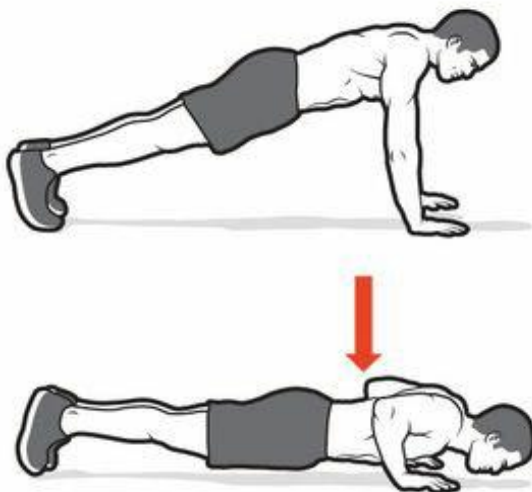
1. Stand upright with together arms at your sides.
2. Bend your knees slightly and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat 50 times.



PUSH UPS

STEPS:

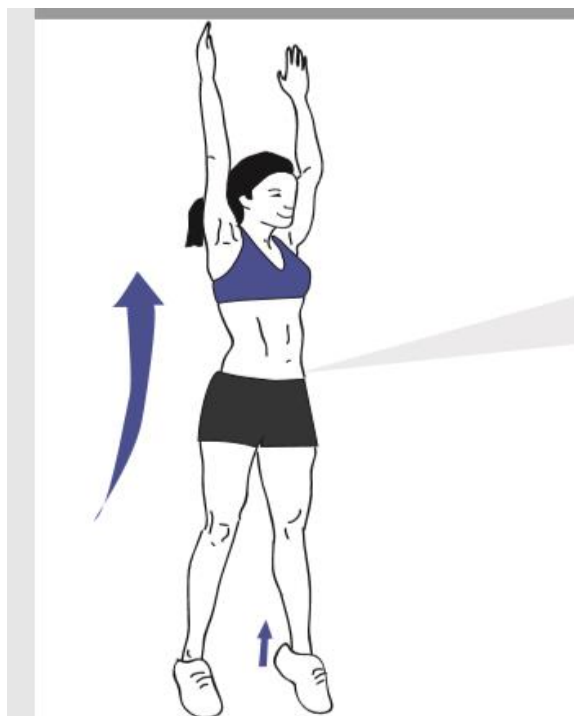
1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Straighten your arms and legs.
3. Lower your body until your chest nearly touches the floor.
4. Pause, then push yourself back up.
5. Repeat 25 times.



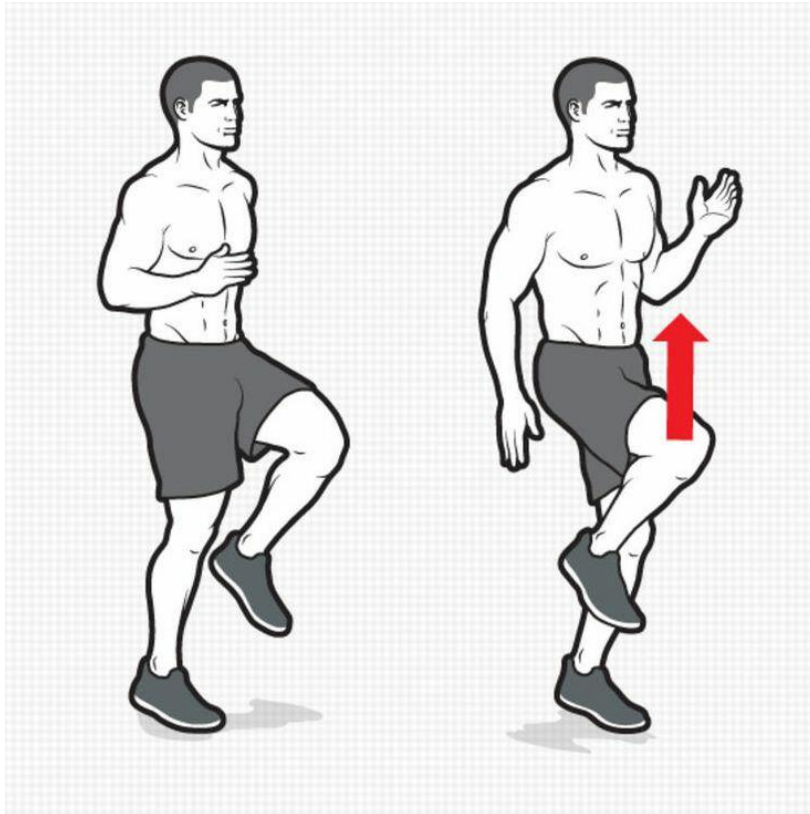
BURPEES

STEPS:

1. Stand with your feet shoulder-width apart.
2. Squat as deeply as you can and place your hands on the floor. Kick back into a push-up position.
3. Do one push-up.
4. Bring your legs back to a squat and jump up, throwing your hands above your head.
5. Land and repeat 25 times.



HIGH KNEES



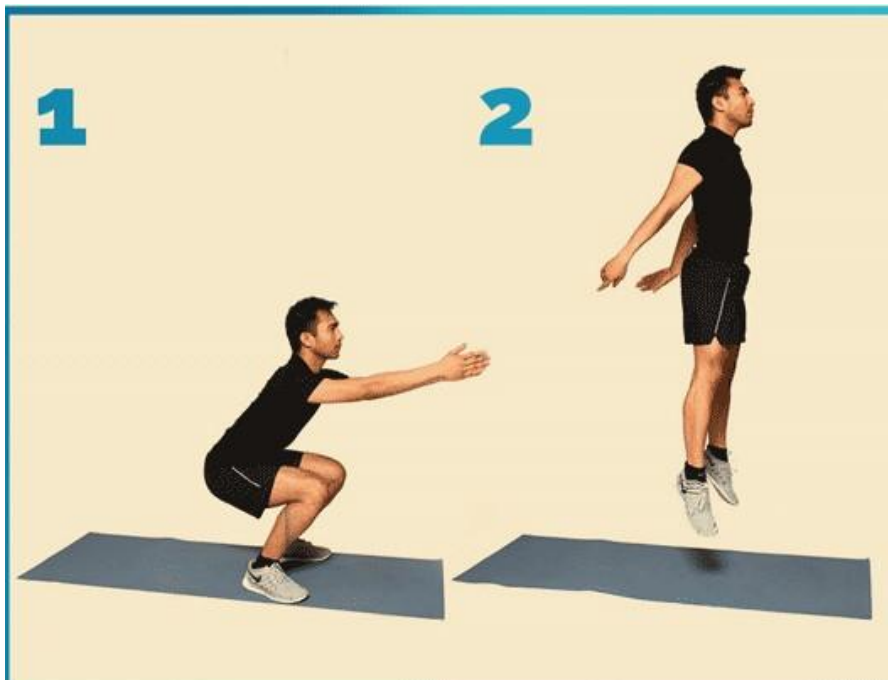
Steps:

1. Stand with your feet hip-width apart. Lift up your left knee to your chest.
2. Switch to lift your right knee to your chest.
Continue the movement, alternating legs and moving at a sprinting or running pace
3. Repeat 50 times.

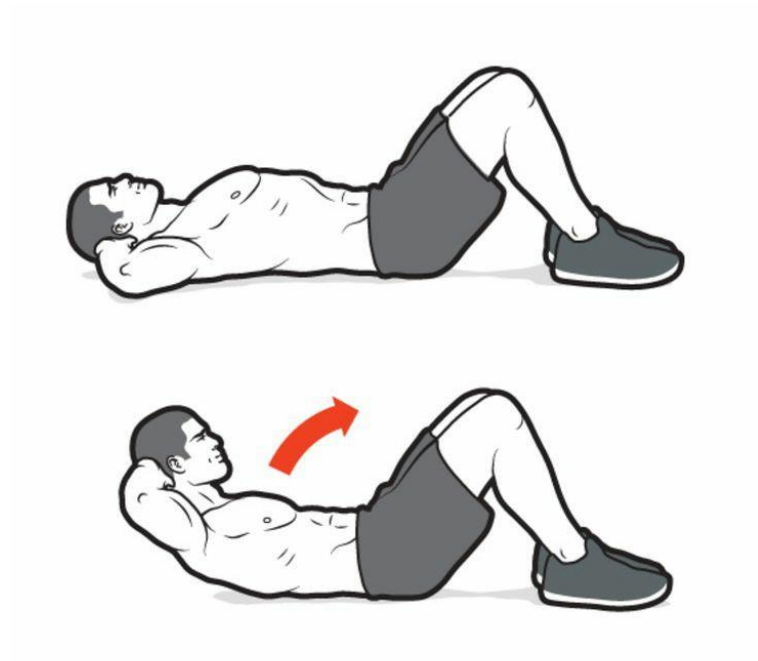
SQUATS JUMP

STEPS:

1. Begin in a squat position with a step in front of you and arms bent next to your side.
2. Jump up onto the step, swinging your arms to help. You should land in a squat position with both feet touching at the same time and keeping weight in your heels.
3. Step down and repeat 25 times.



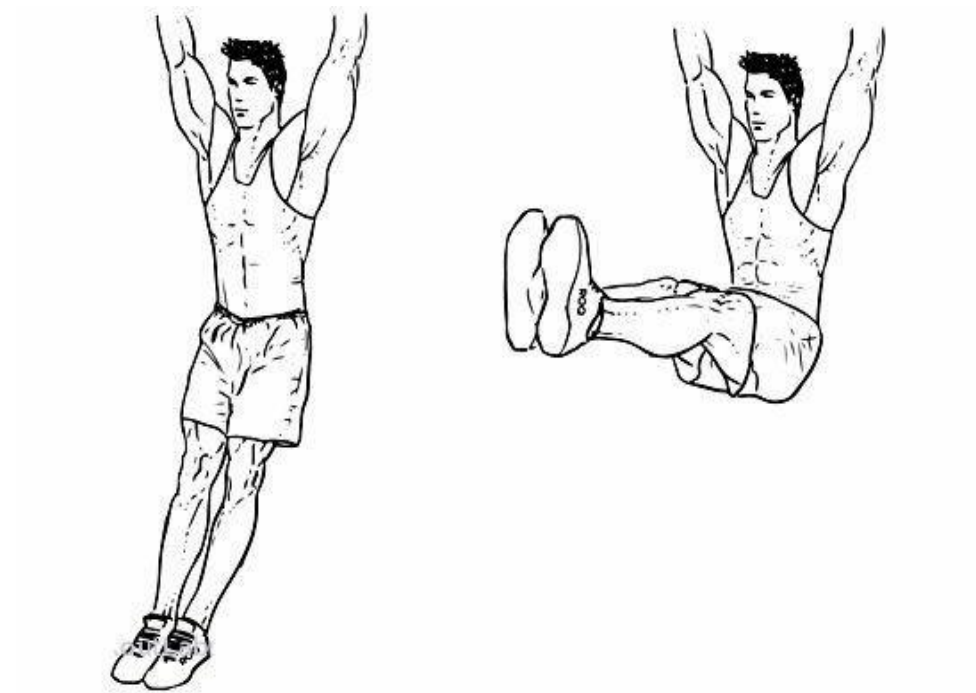
SIT UPS



Steps:

1. Lie down on your back.
2. Bend your legs and stabilize your lower body.
3. Cross your hands to opposite shoulders, or place them behind your ears without pulling on your neck.
4. Lift your head and shoulder blades from the ground. Exhale as you rise.
5. Lower, returning to your starting point. Inhale as you lower
6. Repeat 25 times.

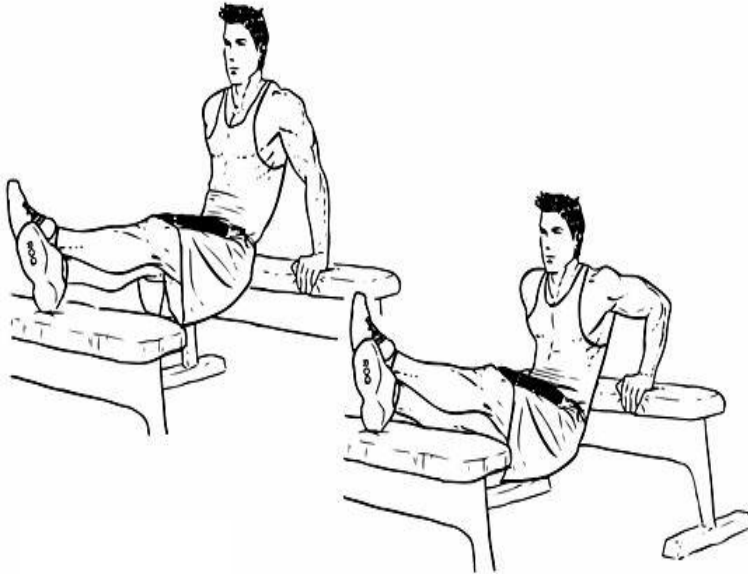
LEG RAISES



STEPS

1. Lie on your back, legs straight and together.
2. Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor.
3. Slowly lower your legs back down till they're just above the floor. Hold for a moment.
4. Raise your legs back up. Repeat 20 times.

BACK DIPS



Steps:

1. Sit on the edge of the chair and grip the edge next
2. to your hips. Your fingers should be pointed at your feet. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up.
3. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair.
4. Lower yourself until your elbows are bent between 45 and 90 degrees.
5. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.
6. Begin with 10 repetitions and work up to 25 repetitions over several weeks.

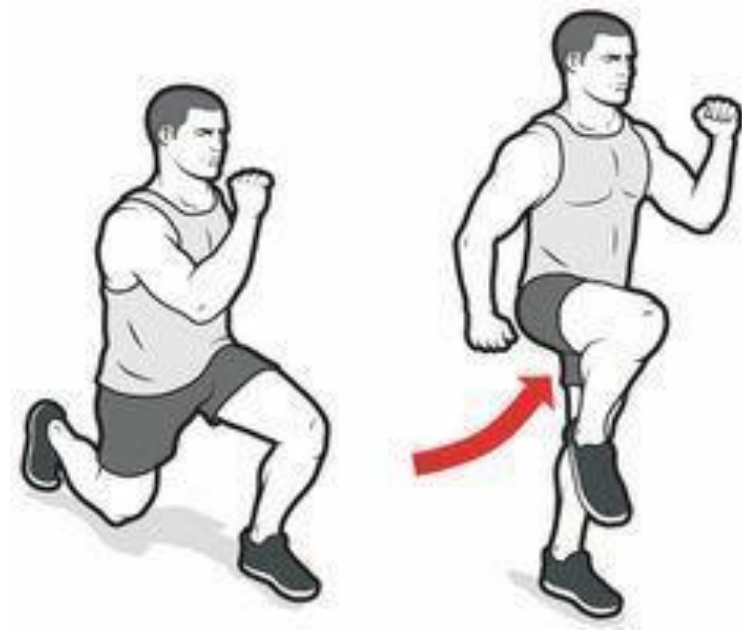
PLANK



Steps:

1. Position your elbows directly beneath your shoulders. ...
2. Make and maintain a straight body line from head to heels. ...
3. Squeeze your butt and the fronts of your thighs. ...
4. Brace your abs like you're going to take a punch.
5. Advance the exercise
6. Keep it for 1 minute.

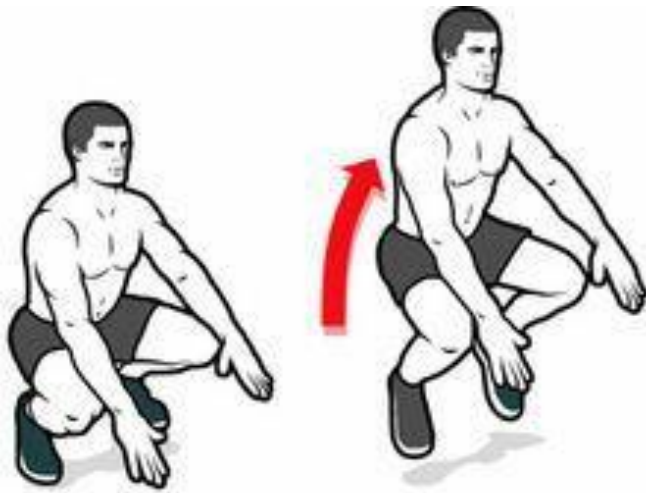
JUMP LUNGES



Steps:

1. Plant your feet. The lunge position requires you to stand with your feet pointing directly ahead hip-width apart. ...
2. Angle your knees. Drop your hips until both knees form right angles. ...
3. Jump up. The lunge position enables you to jump with tremendous force. ...
4. Land your jump lunge. ...
5. Repeat the jump lunge for 25 times.

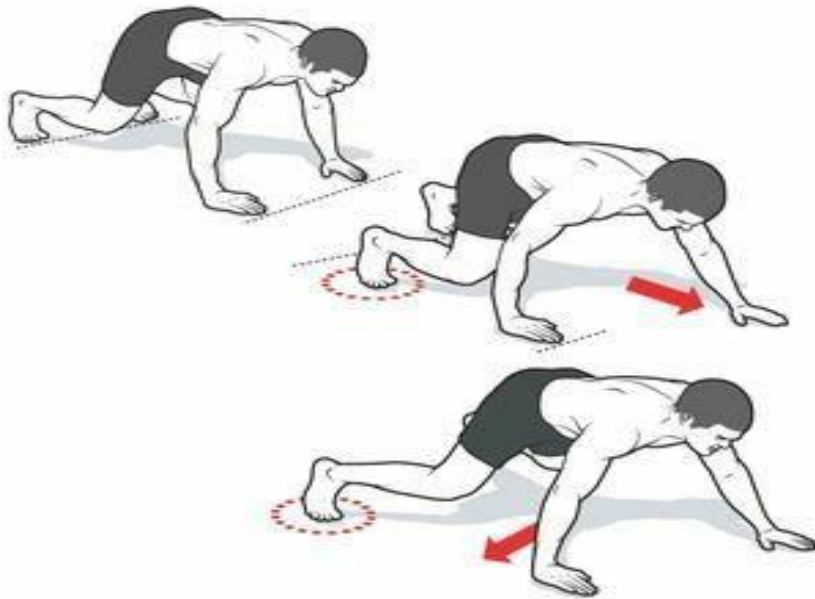
TUCK JUMP



Steps:

1. Stand on flat surface that is cushioned
(to lessen the wear on your legs and knees).
Feet about hip-width apart.
2. Begin exercise by getting down into a half
squat position and exploding off the ground
while bringing your knees as close to your chest
as possible. Swing arms upward as you explode off
the ground.
3. Try to land softly on the balls of your feet with
a bend in your knees and then immediately
explode back up. Repeat this as many times as prescribed
4. Repeat for 25 times.

MOUNTAIN CLIMBER



STEPS:

1. Put both hands and knees on the floor.
2. Place your right foot near your right hand and extend your left leg behind you.
3. In one smooth motion, switch your legs, keeping your arms in the same position.
4. Switch your legs back and forth twice, such that your right leg is again close to your right hand.
5. Repeat it 25 times

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