Instructions for Summasport Exercise

Introduction With these instructions, we will guide you step by step on how to perform these exercises correctly. Make sure you are slightly warmed up before engaging in the exercises. After following these instructions, you will feel energized and healthy.

Introduction

With these instructions, we will guide you step by step on how to perform these exercises correctly. Make sure you are slightly warmed up before engaging in the exercises. After following these instructions, you will feel energized and healthy.

Warnings

• Do not exceed your limits; if you can't do it, don't force it.

• Do a proper warm-up.

• Avoid these exercises if you have an injury.

Here are ten physical exercises with instructions for you to try:

1. Jumping Jacks:
   * Stand upright with your feet together and your arms by your sides.
   * Jump up, spreading your legs to the sides while swinging your arms above your head.
   * Jump back to the starting position and repeat for the desired number of repetitions.
2. Push-ups:
   * Get down on your hands and knees on the floor.
   * Place your hands slightly wider than shoulder-width apart on the ground and extend your legs behind you.
   * Lower yourself slowly by bending your arms until your chest almost touches the ground.
   * Push yourself back up by extending your arms and repeat for the desired number of repetitions.
3. Squats:
   * Stand upright with your feet shoulder-width apart and your arms extended in front of you.
   * Slowly bend your knees and hips as if you are sitting down while keeping your back straight.
   * Go as low as possible by squatting and then push yourself back up to the starting position.
   * Repeat for the desired number of repetitions.
4. Lunges:
   * Stand upright with your feet hip-width apart.
   * Take a large step forward with your right leg and bend both knees until your right thigh is parallel to the floor.
   * Push yourself up with your right foot and bring your left leg forward.
   * Repeat with the other leg and alternate for the desired number of repetitions.
5. Plank:
   * Lie face down on the floor with your hands placed directly under your shoulders.
   * Push yourself up on your toes and forearms, forming a straight line with your body.
   * Engage your core muscles and hold this position for a certain amount of time, such as 30 seconds to 1 minute.
6. Mountain Climbers:
   * Start in a plank position with your hands directly under your shoulders.
   * Alternately bring your knees toward your chest, as if you are climbing a mountain.
   * Maintain a quick pace and repeat for the desired number of repetitions.
7. Burpees:
   * Begin in a standing position with your feet shoulder-width apart.
   * Squat down and place your hands on the ground.
   * Jump your feet back into a plank position.
   * Jump your feet back towards your hands and stand up.
   * Add a jump at the end of the movement.
   * Repeat for the desired number of repetitions.
8. Russian Twists:
   * Sit on the ground with your knees bent and feet on the floor.
   * Lean slightly back while keeping your back straight.
   * Twist your torso to the left and touch the ground with your right hand, then twist to the right and touch the ground with your left hand.
   * Repeat this motion for the desired number of repetitions.
9. High Knees:
   * Stand upright with your feet hip-width apart.
   * Lift your right knee as high as possible while raising your left foot off the ground.
   * Quickly switch legs and lift your left knee while raising your right foot off the ground.
   * Repeat at a fast pace for the desired number of repetitions.
10. Wall Sit:
    * Stand with your back against a wall and slide down until you are in an imaginary chair position, with your knees bent at a 90-degree angle.
    * Hold this position for as long as possible, such as 30 seconds to 1 minute.

Always remember to respect your body and listen to your own limits. If you have a medical condition or are unsure about your suitability for certain exercises, consult a professional first. Have fun and good luck with your training!