Instructions for Summasport Exercise

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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 10 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.

1. **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.

1. **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.

1. **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.

1. **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.

1. **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.

1. **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.

1. **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.

1. **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.

1. **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!