

WorkoutLabs.com

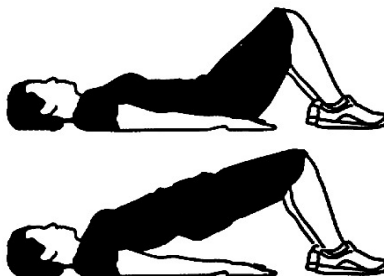
Plank

1. Begin in the plank position (see photo) with your forearms and toes on the floor.
2. Keep your torso straight by drawing in your navel to your spine so your body is in a straight line.
3. Your head should be relaxed looking at the floor.
4. Hold this position for 10 seconds to start. (Over time work up to 30, 45, or 60 seconds)



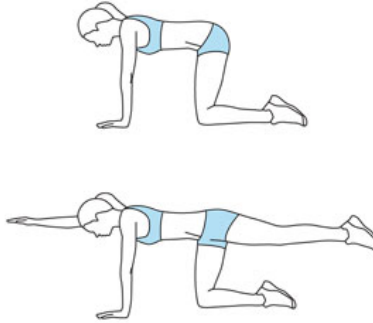
Marching

1. Lie with back on the floor, with knees bent, feet flat, toes pointing straight ahead, and arms by sides.
2. Lift one foot of the floor as high as can be controlled (see photo). Maintain “Draw In” maneuver.
3. Hold for 1 -2 seconds then slowly lower.
4. Repeat with opposite leg. (10 each leg)



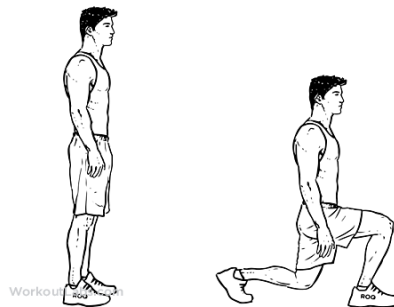
Two-Leg Floor Bridge

1. Lie with back on the floor with knees bent, feet flat on the floor, toes shoulder width apart and pointing straight ahead.
2. Draw navel toward your spine to activate your glutes.
3. Lift pelvis off the floor until the knees, hip and shoulder are in line.
4. Slowly lower pelvis to floor.
5. Repeat. (10 times)



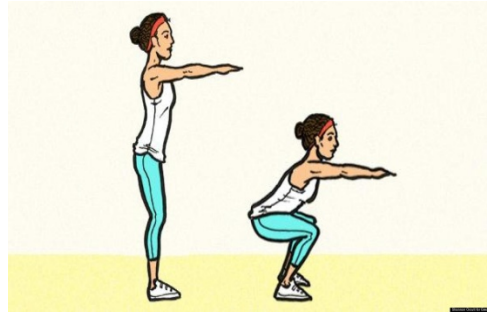
Bird Dog

1. Face floor with palms and knees on the ground.
2. Draw your navel to your spine to brace your core.
3. Fully extend opposite arm and opposite leg (see photo).
4. Slowly return to starting position and alternate sides.
5. Repeat (10 times)



Lunge

1. Stand tall with feet shoulder width apart and arms to your side or on your hips (Feel free to grab a rail or chair for stabilization).
2. Step forward into a lunge (see photo) with each knee bent at 90 degree angle.
3. Keep the knee in line with the toes.
4. Spring back into standing position and alternate.
5. Repeat (ten times)



Squat

1. Stand straight with knees relaxed, feet hip-width apart and toes slightly turned out. Hold your arms out parallel to the floor and inhale.
2. Bend your knees, tilt your hips back and slowly lower your behind, like you're going to sit in a chair. Extend your arms to help maintain balance. Hold your breath and keep your back straight and upper body muscles in a tight contraction, so all the work is done by your legs.
3. Aim to squat down until your thighs are parallel to the floor. Don't let your behind drop below your knees or your knees go in front of your toes.
4. Lift up slowly from the squat by pushing with your heels and using only the strength of your legs. Stay in control by keeping abdominal muscles tight and your back straight. Exhale as you rise.
5. Work towards doing three sets of 10 to 15 squats per set. To maintain a slow pace, count to three while going down and three on the way up.
6. Once you complete your sets, gently stretch your hamstrings and quadriceps. To get full benefits, spend 30 seconds on each stretch.



Calf Raise

1. Stand with feet hip-width apart and arms to your side (Hold onto bench for stabilization)
2. Raise your heels as you breathe out by extending your ankles as high as possible and flexing your calf. Ensure that the knee is kept stationary at all times. There should be no bending at any time. Hold the contracted position by a second before you start to go back down.
3. Go back slowly to the starting position as you breathe in by lowering your heels as you bend the ankles until calves are stretched.
4. Repeat (ten times)