

STEP 1



STEP 2



Mountain Climbers Fast

REPS: 10 | SETS: 3

Setup

Begin on all fours. Raise yourself into a push up position.

Movement

Quickly alternate bringing your knees to your chest.

Tip

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.

STEP 1



STEP 2



Deep Squat with Arms Overhead

REPS: 10 | SETS: 3 | HOLD: 3

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down as far as you can. You can raise your arms up to help you balance.

Tip

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward past your toes during the squat.

STEP 1



STEP 2



Squat to Heel Raise

REPS: 10 | SETS: 3 | HOLD: 2

Setup

Begin in a standing upright position.

Movement

Squat down, bending your knees and hips, then stand up and raise your heels off the ground as if you were going to jump. Repeat.

Tip

Make sure to keep your back straight and do not let your knees move forward past your toes during the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Tricep Push Up

REPS: 10 | SETS: 3

Setup

Begin on all fours, then straighten your legs into a plank position.

Movement

Slowly lower yourself down toward the ground by bending your elbows, keeping them tucked at your sides. Then push yourself back up and repeat.

Tip

Make sure to keep your elbows tucked in at your sides and your body straight during the exercise.

STEP 1



Isometric Low Push Up

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin on all fours with your hands slightly wider than shoulder width apart, then lift yourself into a plank position.

Movement

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then hold at the bottom of the position. Push yourself back up and repeat.

Tip

Make to keep your back straight during the exercise.

STEP 1



STEP 2



Wall Squat

REPS: 1 | SETS: 3 | HOLD: 30+

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.