

Jacob's Ladder Fitness - At home exercises [Watch on YouTube](#)

*** SQUATS; [\(video\)](#)**

- * Stand with feet shoulder width apart
- * Lower body by bending knees, chest up, back straight
- * Aim for thighs parallel to floor
- * Push through heels and raise back to standing position

Adaptations; number of squats, not going as low initially, using a chair, weighted ball

*** PUSH UPS; [\(video\)](#)**

- * Plank position, knees off ground, back straight, hands on floor, slightly wider than shoulders.
- * Lower body until chest comes close to the floor
- * Push back up to starting position

Adaptations; knees on floor, back still straight, number of reps, wall push-ups, stairways

*** REVERSE LUNGES; *****Probably start with adaptations***** [\(video\)](#)**

- * Stand straight, put right foot back and bend right knee to come close to floor, then raise to standing position and do other leg

*Adaptations; ***** holding onto something with your arms, sturdy chair (could have someone sit on chair), kitchen island, (check with mom), wall, number of lunges
** Reverse lunge allows for better adaptations **

*** CRUNCHES; [\(video\)](#)**

- * Lay on back with head on floor and knees bent
- * Put hands behind head and slowly raise head/elbows up towards knees
- * Hold for a few seconds, then head back to floor

* Adaptations: (Individuals with DS) leave head on the floor, raise elbows, and bring knees back towards elbows, keeping head on floor, number of crunches, adding a ball with weight.

*** PLANKS (Jacob's Ladder signature exercise) [\(video\)](#)**

- * Lay face down, lift body up to straight position on arms and toes
- * Keep body straight (as much as possible to begin with) from head to heels
- * Hold position for 20 -30 seconds
- * Can do it on elbows

*Adaptations: number of seconds, doing on your knees while keeping the back straight, doing it against the wall, the kitchen island also works, stairs, and if you are a real stud, put your feet high on the wall and plank to the floor

*** GLUTE BRIDGES; [\(video\)](#)**

- * Lay on your back with knees bent, feet flat on floor
- * Lift hips up towards ceiling and hold for a few seconds, squeeze glutes at top, then lower

⦿ Adaptations; number of reps, how long you hold yourself up. Also, some will not be able to lift up as high initially