

\*Complete all exercises 3 times as quickly as possible with good form.

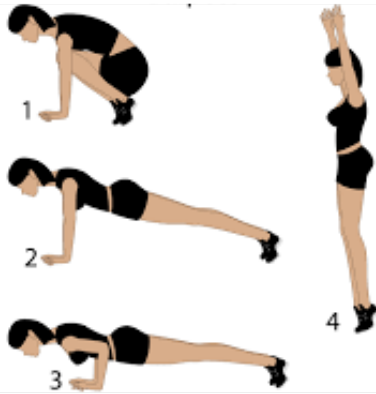
At Home Work out #3 January/February 2025



## Stationary Lunge

10-15 each side

90 degrees at both knees. Shoulder, hip and knee in line. Do all reps on one side, then switch.



## Burpees

5-10 without rest

Start from standing, squat and place hands on the floor, jump feet out into a plank position, (pushup optional), jump feet back to hands, and jump explosively with hands up in the air.



## Back Extension

8-10

Start lying on your belly with arms and legs extended. Lift legs and upper body at the same time. With arms outreached, bring one hand to your hip, return to start and repeat on the other side.



## Army Plank

10 each side

Starting in high plank position, lower to elbows while keeping hips square to the ground. Use left hand to push back up to high plank, repeat 10 starting with the left hand. Complete 10 on the right side.

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## Pulse Squats

10-15

Perform a squat 90 degrees at both knees. Come halfway back up to standing, and lower again to 90 degrees, return to full standing.



## Push Ups

6 -10

Starting from toes or knees, in push up position. Lower by bending elbows at 45 degree angle from the body. Pause, and push up again.



## V-up

8-10

Start lying on your back with arms and legs extended. Lift legs and upper body at the same time to sit on tailbone with everything else off the floor. Slow and control to starting position.



## Hip Bridge

45 sec hold or 25 reps

With feet and shoulders on the floor, lift hips from the ground engaging glutes. Lower, but don't rest on the floor, and repeat the lift/lower for 25 reps.