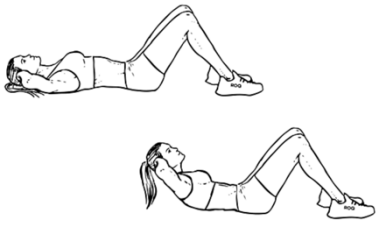
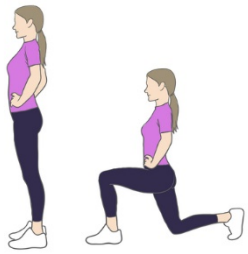
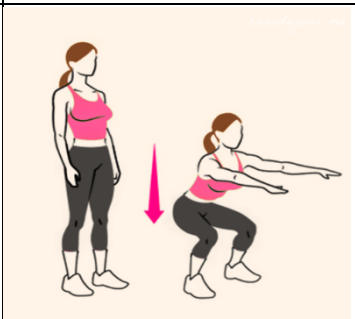
Body Part:	Exercise:	Time/Reps:	Picture:	Description
Abdominals- **Stomach muscles**	Sit ups	30 seconds		Lie down on your back. Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Breath in as you lift. Slowly, lower yourself down, returning to your starting point. Breath out as you lower.
Quadriceps- **Thigh muscles**	Lunges	30 seconds		Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.
Gluteus maximus – **Bum muscles**	Squats	10 times		Make sure that you keep your body upright and your back straight. Look straight ahead, keep your back straight, and tense your core. (stomach) Breath in, push your buttocks out, and start bending your knees. Your weight should be on your heels and not on your toes.

Triceps- **Bottom of your arm**	Press ups	30 seconds		Place your hands shoulder-width apart with arms straight and so your shoulders, elbows and wrists line up. Begin with your chest and stomach flat on the floor. Your legs should be straight out behind you and your palms should be at chest level with the arms bent out at a rough 45-degree angle. Breath out as you push from your hands and heels, bringing your body, chest, and thighs off the ground keeping your core engaged. Breath in as you slowly lower back to your starting position.
Back	Plank	3 minutes		Place forearms on the floor with elbows in line below your shoulders and arms in line to your body at about shoulder width. Either clasp your hands together or keep your palms flat on the floor