
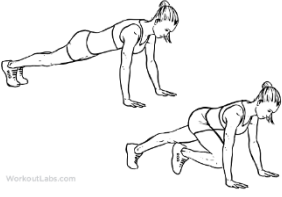


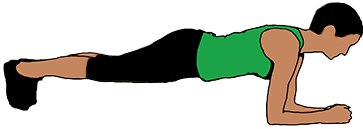


Body Part:	Exercise:	Time/Reps:	Picture:	Description
Abdominals	Flutter Kicks	30 seconds		Keep your lower back on the ground as you lift the right leg off the ground slightly and lift the left leg, so it hovers just off the floor. Hold for 2 seconds, then switch the position of the legs, making a flutter kick motion. For more of a challenge, lift your head and neck off the floor
Quadriceps	Mountain Climbers	30 seconds		Start in a plank position with your arms straight. Keep your stomach tight and your body straight. Squeeze your glutes and pull your right knee into your chest and place it back to the start position and do the same with your left leg. Repeat this once you get into a rhythm and try to speed it up.
Gluteus maximus	Hip Extension	10 times		Start in a kneeling position like the picture. Starting with your right leg, kick your leg back keeping it slightly bent. Bring it back down to the start position and repeat with the other leg.

<p>Triceps- Bottom of your arm</p>	<p>Press ups</p>	<p>30 seconds</p>		<p>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.</p>
<p>Back</p>	<p>Plank</p>	<p>3 minutes</p>		<p>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</p>