5 Exercises - Short Bodyweight Program

Warm Up
A brisk walk or light jog but always use active exercises (e.g., hops, rotations, arm swings etc.) to get our bodies ready. We need to get the blood flowing and muscles prepared to do more and reduce the risk of injury.

Do 10 repetitions of each exercise below and repeat with 8 and 6 repetitions. As it gets easier or you have more time, increase the number of repetitions and/or sets.

1

Front Lunges

- 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 (pull in your tummy and keep a good, tall posture to tap in to the muscles around your torso including the whole back and all the muscles around your ribs, tummy and pelvic floor, which we call 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.

2

- Brace the core and slowly bend both arms, until you almost touch the ground with your upper body.
- Stretch the arms again, but not completely now touch one shoulder with the opposite hand hold up the hip, the back straight and the body in a line.
- Put the hand to the ground again and go over to the next push-up rep then touch the same or the opposite shoulder
- You can make this exercise easier by starting on your knees

3

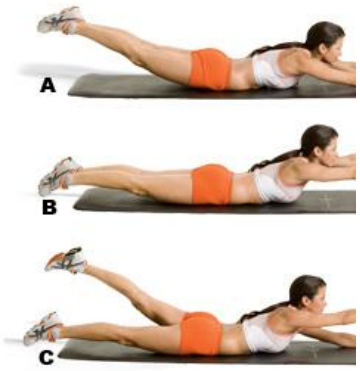
- Stand with your feet shoulder-width apart, hands behind your head, and elbows out to the sides
- Bend your knees and sit back as far as you can.
- Push back to start, then kick your right leg in front of you, foot flexed. That's one rep.
- Repeat, kicking with your left leg, and continue alternating.

4

- Begin in an elbow plank with your feet slightly wider than your hips.
- Twist your entire torso to the left reaching your left arm to the ceiling. Your pelvis will rotate, too, but do keep it level, and don't let it rise to the ceiling or sink toward the floor.
- Return to an elbow plank, and repeat the twisting motion to the right to complete one rep.

5

- Lie face down in prone position.
- Straighten legs and reach arms straight overhead.
- On one side, squeeze butt muscles then low back muscles as you lift and extend the leg while also lifting and extending the "opposing" arm.
- Quickly lower leg and arm then repeat with other leg and arm as if you were swimming with a "flutter kick."
- Be sure to keep legs "straight" during the kicks even when you get tired and to follow the muscle contraction sequence of: butt then low-back.
- Duration: Try working up to a 30-second set.



Cool Down

Our bodies benefit from stretches after we have already worked out - our muscles are more susceptible to them allowing us to stretch further and hold the stretches longer (see stretch sheet).