



SQUATS with light weights

SQUATS WITH HEAVY WEIGHT



Standard lunge



In a split stance and holding onto a wall or chair, bend the knees and lower into a lunge, keeping the front knee behind the toe.

Press through the heel to push back up. Hold weights for added intensity.

Repeat for 15 reps

Locust Pose (Salabhasana)



lift your feet up. Keep your legs engaged and extend out through the balls of your feet.

If you want to move on, on the next round extend your arms in front of you and then lift everything up, keeping only your pelvis on the floor. Swim your arms in a breast stroke motion while keeping your legs elevated.

Take about three breast strokes with your arms.

Bridge Pose (Setu Bandha Sarvangasana)



Roll onto your back for bridge pose. Bend your knees to set up your feet close to your buttocks. The feet should stay parallel throughout the pose.

On an inhalation, press into your feet to lift your hips off the floor. Roll your shoulders onto your back one at a time so that your shoulder blades act as a little shelf. If possible, interlace your fingers behind your back. Keep your neck and chin still as you lift your chest toward your chin

Come down after three breaths and then repeat the pose twice more.

Hands and Knees Balance



Do some crunches in which you round your spine (like cat position) to bring your right knee and left elbow to meet under your belly, then re-extend them.

Repeat five times on each side, moving with the breath. Extend the hand and foot away from one another on your inhalations and bring your knee and elbow together on your exhalations.

Triceps, shoulders, core



Grasp the BENCH with both hands directly under your hips. Extend your legs, placing your heels firmly on the ground. Press down through your hands, engaging your triceps and shoulders to lift your hips so that you're supported only by your hands and feet. Bend your elbows so they point straight behind you and lower your hips toward the ground in a slow, controlled fashion.

When your elbows are bent at 90-degrees, reverse the movement and press through the BENCH to extend your elbows and return to the starting position.

eight to 12 repetitions.

Upper Body: SUPERMAN/WOMEN



Lie on your belly, engage your abs, and extend your arms straight out in front of you.

Lift your legs, arms, and chest off the floor. Hold for a count of 10, and then slowly release your body back to the floor. This completes one rep.

Repeat

Plyometrics: Jumping Lunges



Start standing tall with your feet staggered and your left foot slightly in front of your right. Making sure you're not too stiff, keep your stance active with your knees bent in a slight but not full lunge.

With your core engaged, push off the bottom of both feet into a jump, switching the position of your feet midair and landing in a basic lunge with your right leg in front.

Without rest, repeat this movement, alternating which leg is in front. This completes one rep.

Repeat

Plyometrics: Jump Squat



Start by coming into a squat with your arms by your sides. Swing your arms to the ceiling as you jump off with both feet. Land quietly as you return to the squat position. This completes one rep.

REPEAT

Upper Body: Push-Up



Start in a plank position, with palms spread out evenly and your shoulders over your wrists and legs out behind you. Pull your belly button in, and keep your back straight.

As you lower and exhale, bend your elbows outward to the sides. Hold at the bottom before you raise back up to complete one rep.

REPEAT

Core: V-Sits



Lie on your back, and reach your arms rigidly to your side, off the floor. Lift your legs off the floor, and point them, so they are at about a 45-degree angle. Lift your head, so your shoulders are off the floor as well.

When you're ready to begin, lift your upper torso off the floor, and bend your knees. You can lean back to make this move harder or come up more to make it easier. Slowly lower your upper body back down to the floor, straightening out your legs as you do so. Stop when your back is on the floor, but not your head, shoulders, or legs. This completes one rep.

REPEAT

Core: Mountain Climbers



Start in a traditional push-up starting position — shoulders over hands and weight on just your toes.

Bring your right foot forward, bending the knee and putting weight on the ball of your foot.

Switch legs, bringing the left knee forward while moving the right leg back. This completes one rep.

REPEAT

Core: Bicycle Crunches



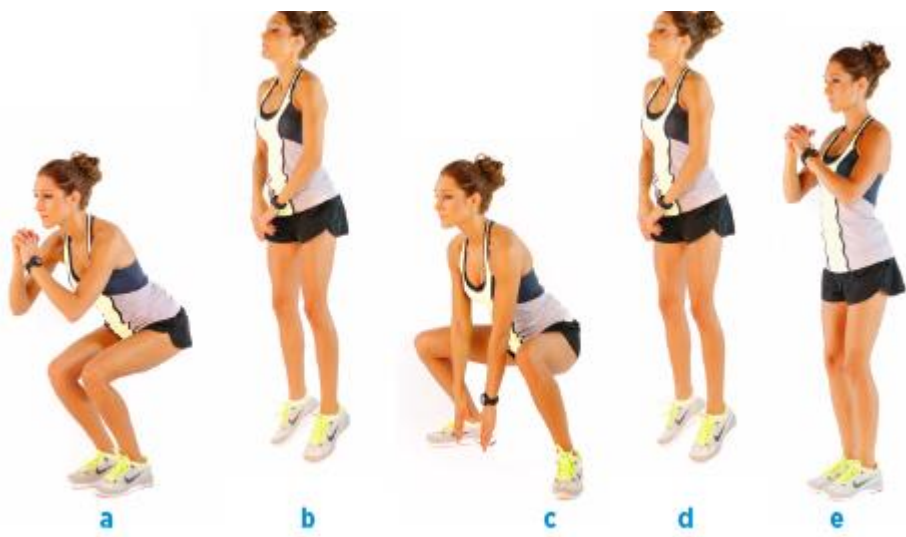
Lie flat on the floor with your lower back pressed to the ground (pull your abs down to also target your deep abs). Interlace your fingers, and put your hands behind your head.

Bring your knees in toward your chest, and lift your shoulder blades off the ground. Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow toward the left knee. Make sure your rib cage is moving and not just your elbows.

Now switch sides and do the same motion on the other side to complete one rep (and to create the "pedalling" motion).

REPEAT

AGILITY LADDER

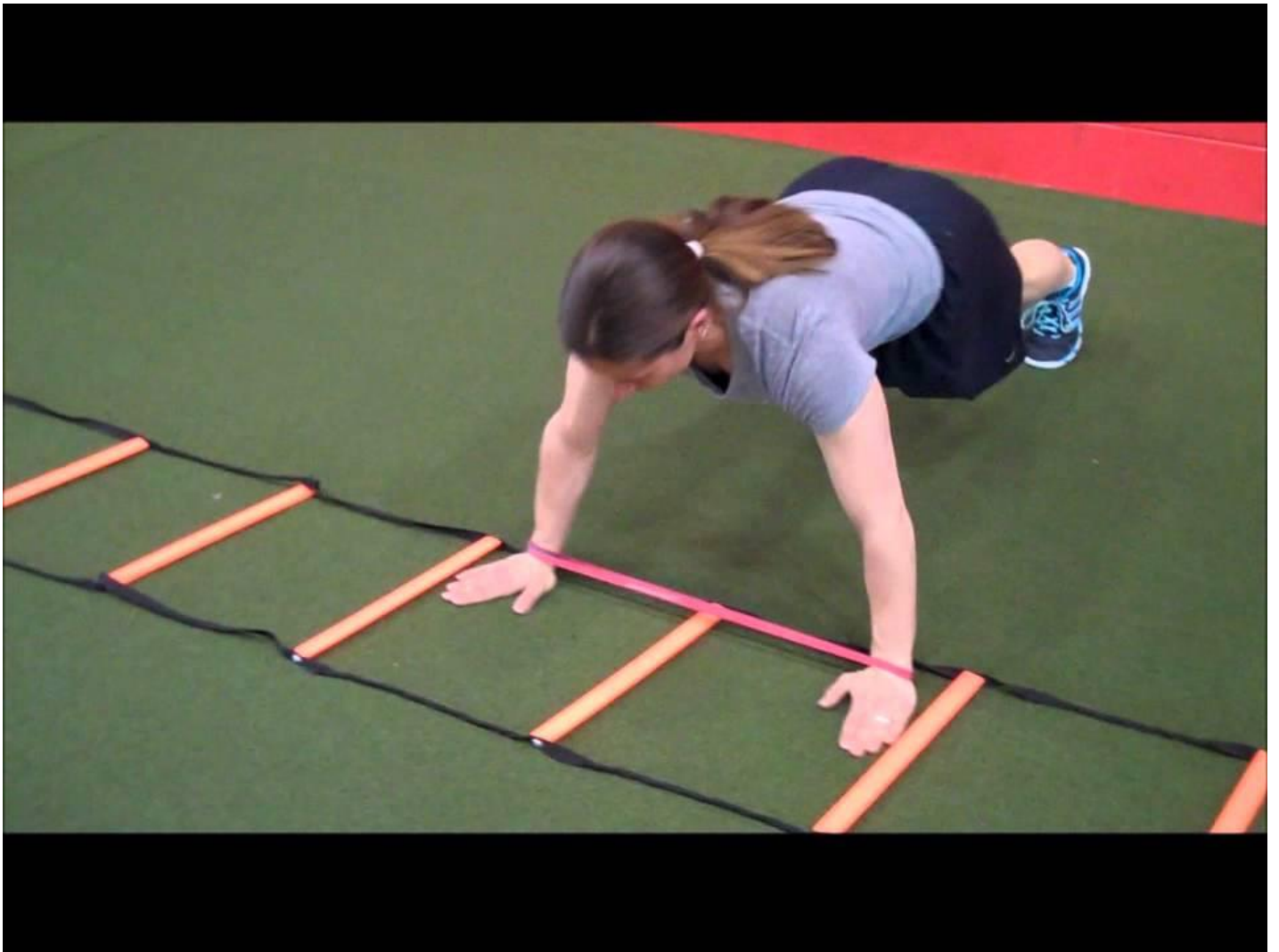


AGILITY LADDER



AGILITY LADDER





Side Plank



Start on your left side.

Tighten your abs and lift your hips up.

Hold for 30 seconds, then relax.

Switch sides and repeat, aiming for five reps on each side.

Make it harder: Lift your top leg while in the plank position.

Single-Leg Lunge



Stand in front of a bench or chair and place your left foot on it.

Squat down until your right thigh is parallel with the ground.

Beginners should start with 10 repetitions (on each side), with the goal of working up to 20 repetitions.

Single-Leg Deadlift



Stand on your left leg.

Keeping your back straight,
bend forward and reach for the ground.

Return to standing and repeat.

Start with 10 reps (on each side),

with the goal of working up to 20 reps.

Make it harder: Once you can do 20 reps with proper form, hold dumbbells

Single-Leg Calf Raise



Stand on your right leg—feel free to touch a wall or chair for balance.

Slowly lift up onto your toes, then lower down.

Work up to 30 reps on each leg.

Make it harder: Once you can do 30 reps on each leg with proper form—and not using anything for balance—you can hold dumbbells.

Single-Leg Bridge



Lie with knees bent and arms extended out.

Straighten your right leg.

Tighten your glutes and lift your hips.

Hold for a few seconds, then lower down.

Work up to 25 repetitions on each leg.

Make it harder: Once you can do 25 reps on each leg with proper form, fold your arms across your chest.

Side Leg Lift



Lie on your side with your legs extended out.

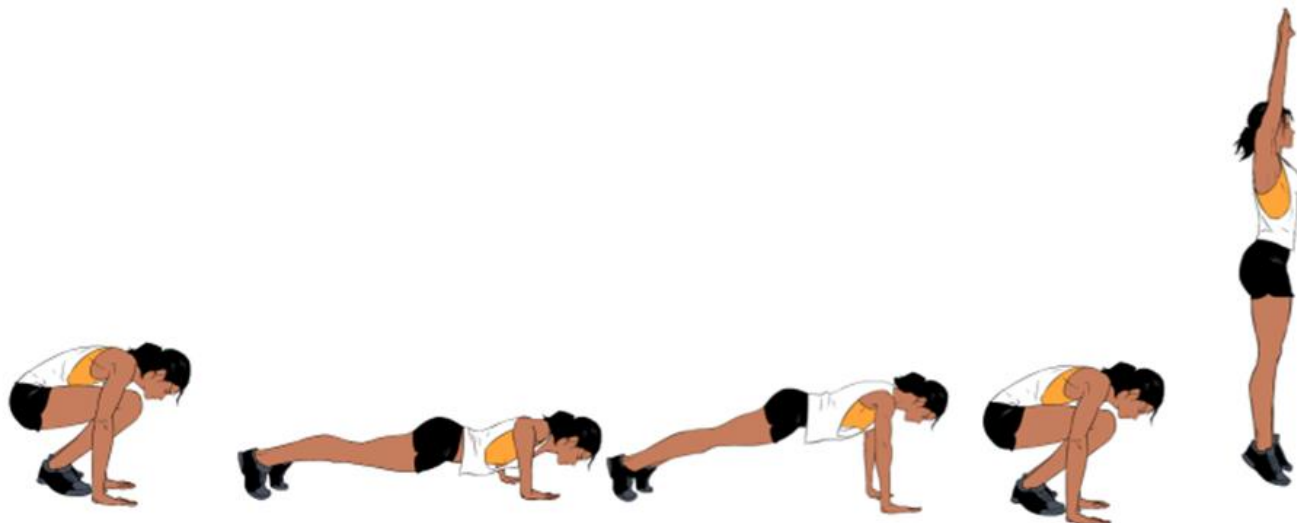
Lift your right leg up slowly, then lower it slowly.

Do not allow your pelvis to roll forward or backward.

Work up to 30 repetitions on each side.

Make it harder: Once you can do 30 reps with proper form, wear ankle weights.

Burpee Exercise



Description

The burpee, or squat thrust, is a full body exercise used in strength training and as an aerobic exercise.

The basic movement is performed in four steps and known as a "four-count burpee":

1. Begin in a standing position.
2. Move into a squat position with your hands on the ground.
3. Move into the plank position ensuring you keep the core firm
4. Conduct a press up ensuring a strong core is maintained
5. Move the knees through the arms executing a squat thrust
6. Add a plyometric jump ensuring plenty of height

Repeat 10 to 15 repetitions

Balance Ball Stability Exercises Push Ups



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How to do it:

Keep your hands to the side of the ball so that your wrists are more neutral and lower very slowly toward the ball to make this a good challenge.

Just before your torso touches the ball, explosively (yet in controlled fashion) push back to the top.

Repeat 10 to 15 Repetitions

Stability Ball Grasshopper



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DESCRIPTION

To get the most benefit from this exercise, ensure your body is in a straight line from head to toes, your hips are square (parallel to the floor), and that your abs are tucked in and braced.

Your hips should not sink at all during the movement, especially as you return to full length from the knees-in position.

Another key point is to ensure that your shoulders are over top of your hands at all times so that your body does not rock back and forth, in which the benefit of this stability ball exercise is mostly lost.

Keep your wrists in a neutral position and lessen their load.

Repeat 5-15 Repetitions

Stability Ball Straight Leg Deadbug



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How to do it:

To get the most benefit from this exercise make sure your legs and arms are pressed into the ball at all times.

Even when you extend one arm and leg to just above the floor, the leg and arm still holding the ball should be pushing into the ball.

This guarantees that more of your muscles are activated and that you're not just going through the motions.

Repeat for 30 second building to 60 seconds

Leg Twist



YURIELKAIM

How to do it:

Place your arms out to the side or under the small of your back if more support is needed there.

Start with your legs perpendicular to the floor and on either side of the ball.

Then twist your legs so that your right leg is at the front of the ball (facing you), while your left leg is on the opposite side (facing away from you).

Pause at the end of each twist, then twist again so legs are reversed.

Repeat for 30 second building to 60 seconds

Stability Ball Hamstring Roll-Ins

Hamstring Roll-Ins



YURIELKAIM

How to do it:

The key is to keep your hips elevated the entire time so that your body is in one straight diagonal line from your feet to your head.

Dig your heels into the ball as you drag the ball back toward your bum. Squeeze the hamstrings, then return **SLOWLY** to legs fully extended (remember to keep your hips up).

To make this more challenging, give yourself a hug so that your arms are not supporting your bodyweight on the floor.

Repeat 10 to 20 Repartitions

Stability Ball Prone Twists



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How to do it:

Start with your hands on the floor, shoulders over top your hands, abs braced, body in a straight line, and feet on either side of the ball, which forces your groins to activate to prevent your legs from slipping off. This alone is a huge benefit.

Next, slowly twist your hips to the right so your foot grazes the floor.

Use your obliques to pull your hips back square and then over to the other side.

Remember to keep your hips elevated at shoulder height the entire time.

Repartitions 10 to 20 on each side

Stability Ball Circle Planks



How to do it:

Here, I'd like you to dig your forearms and especially your wrists into the ball. This alone will increase your core activation 10-fold.

Draw in and brace your abs, keep your hips up, and glutes and quads contracted.

Then, simply move the ball around in a small circular motion moving only your arms. Your entire body should remain still like cemented concrete.

As you move the ball through that circular motion you'll feel different muscles in your core activate at different points of the movement. To make it more challenging, draw a bigger circle. But remember to keep your body as solid and still as possible.

Repeat for 30 seconds to 60 seconds

Stability Ball Knee Tuck Push-Ups



How to do it:

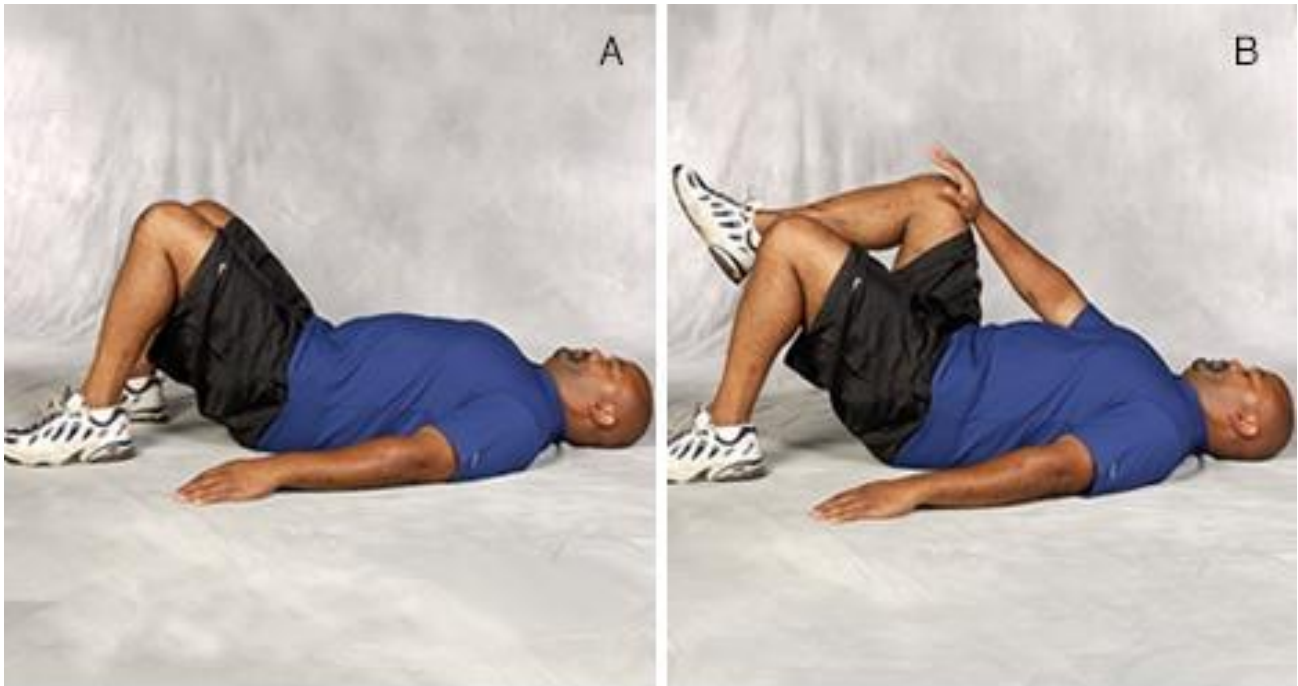
I would recommend holding onto dumbbells at the floor to keep your wrists more neutral especially as you lower into the push-up.

It's a pretty easy movement, as you lower down, draw your knees in towards your wrists. This will naturally roll the ball in as well.

But the real test begins when you push yourself out of this “tucked” position.

Repeat 5 to 10 Repartitions

Single-leg abdominal press



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How to do it

The single-leg abdominal press is another popular core-strength exercise:

Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles.

Raise your right leg off the floor so that your knee and hip are bent at 90-degree angles. Rest your right hand on top of your right knee (B).

Push your hand against your knee while using your abdominal muscles to pull your knee toward your hand. Keep your arm straight. Hold for three deep breaths.

Return to the start position

Repeat using your left hand and left knee.

Segmental rotation



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How to do it

Segmental rotation is another way to boost core strength:

- Lie on your back with your knees bent and your back in a neutral position. Tighten your abdominal muscles.
- Keeping your shoulders on the floor, let your knees fall slowly to the left (A). Go only as far as is comfortable. You should feel a stretch, but not pain. Hold for three deep breaths.
- Return to the start position.

Repeat the exercise to the right (B).