

Stay at Home Fitness – Week 1

Push Ups/Hands Off
X15

Keep back straight (chest open and tall)

Engage the gluteus, quadriceps, back and core muscles

Elbows stay above hands

Perform on knees for reduced difficulty



Lower Trapezius Angels
X 10

Shoulders stay low (depressed) and retracted

Arms stay straight

Hands stay above shoulder level



Good Mornings
X 10

Back stays straight

Legs don't increase in bend

Hips track backwards

Expect a hamstring stretch!



Jack Knives
X20

Lower back stays on the ground

Feet and arms never touch the ground



Lunges
X 20 per side

Both knees create 90 degrees

Body stays tall

Engage the gluteus muscles on both legs

