

Stay at Home Fitness – Week 4

Archer Push Ups
X10 each side

*Keep chest muscles
engaged*

*Keep pressure on both
hands*



Door Frame Pull Apart
3X10 seconds

*Hold onto top of door
frame (or side of door
frame if too high)*

*Hands outside shoulder-
width*

*Engage back muscles,
keeping shoulders low
(depressed) and retracted*

*Pull door frame outwards
with maximal force*

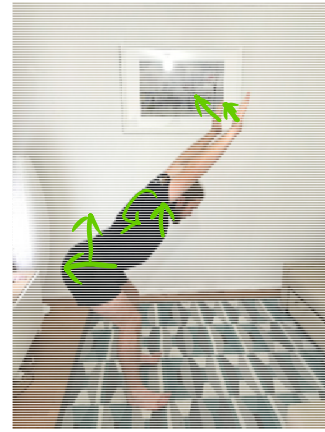
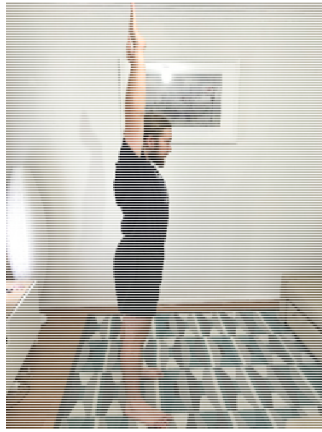


Overhead Good Mornings
X15

Keep back and arms straight, in-line with each other

Hips go backwards, staying tall

Knees don't increase in bend



Windmills
X20

Keep shoulders and back on the ground

Knees get close to the ground as possible

Straighten the legs to increase difficulty



Split Squats
X20 each side

Keep 90% of weight on front foot, 10% on elevated foot

Hips track backwards as front leg bends

Chest stays tall

