




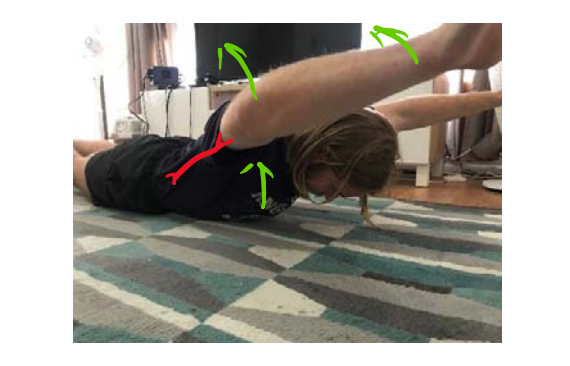


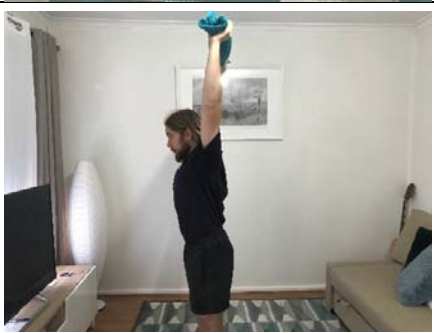
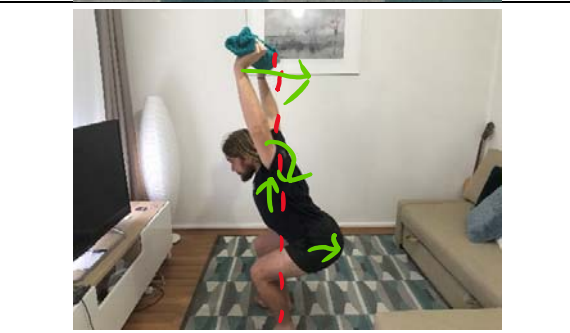






Stay at Home Fitness – Week 6

<p>Plank w Clap Squeeze 3 x 15 seconds</p> <p><i>Elbows inside shoulder-width</i></p> <p><i>Hands press together and squeeze with maximal force</i></p>		
<p>Feet-Elevated Prone Hold 3 x 15 seconds</p> <p><i>Rest properly between sets, keep breathing</i></p> <p><i>Engage back muscles to keep torso straight</i></p>		
<p>Superman Holds 3 X 15 seconds</p> <p><i>Back and gluteus muscles engaged</i></p> <p><i>Shoulders low (depressed) and retracted</i></p> <p><i>Elbows high off ground as possible</i></p>		
<p>Dead Bug 2 X 15 seconds each side</p> <p><i>Hips, lower back and shoulders on the ground</i></p> <p><i>Hands and feet never touch the ground</i></p>		
<p>Overhead Squat Holds 3 x 15 seconds</p> <p><i>Back and arms stays straight</i></p> <p><i>Pulling towel apart with maximal force</i></p> <p><i>Towel stays over shoulders</i></p>		

Stay at Home Fitness – Power Session!

<p>Power Push Ups X15</p> <p><i>Start with hands and hips off ground</i></p> <p><i>Keeping back engaged, press into the ground with maximal force</i></p>		
<p>Good Morning Front Raises X6</p> <p><i>Keep hips back, torso straight</i></p> <p><i>Back, gluteus and core muscles engaged</i></p> <p><i>Lift and drop towel as powerfully as possible, while maintaining posture/stability</i></p>		
<p>Sit Up with Rotation X 10 each side</p> <p><i>Keep feet on ground</i></p> <p><i>If feet cannot be kept on the ground, press them into the ground before rotating</i></p>	