

Stay at Home Fitness – Week 2

Hindu Push Ups
X 10

*Complete in a circular,
rhythmic action*

*Hips never touch the
ground*

*Squeeze the chest and
latissimus dorsi
throughout hole action*



Towel Front Raise
X 10

*At all times, squeeze
the latissimus dorsi (the
lats) and pull the towel
apart with maximal
force*

*Keep shoulders low
(depressed) and
retracted*

*Aim to get towel in line
with shoulders at final
position*



Bird Dogs
X 20

*Knees stay directly
below hips*

*Hands stay directly
below hands*

Torso stays straight



Bicycles Crunches
X 30

Keep elbows wide

Knee and elbow touch

*Upper back/shoulders
stay off the ground*



Full Depth Squats
X 10 + Pause

*Keep back flat (chest
tall)*

Hips go backwards

*Activate the gluteus
and back muscles*

