

Stay at Home Fitness – Week 5

Cactus Prone Hold
3X15 seconds

*Knees on ground,
hips off ground, body
parallel to ground*

*Create 90-degree
angle with elbow and
shoulders*

*Press elbows into the
ground and squeeze
the chest muscles
with maximal force*

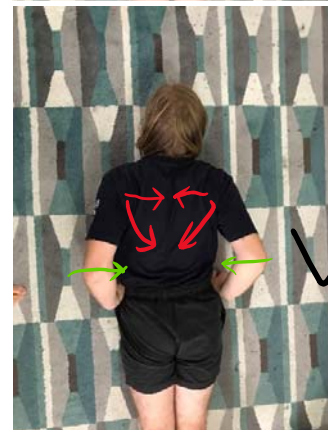
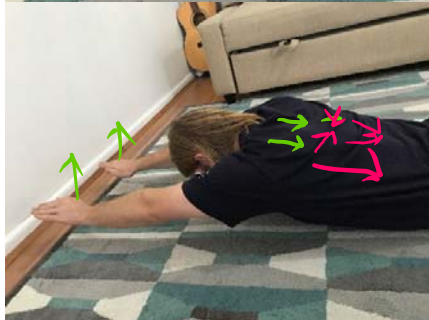


Prone Hands Off and
Push
X20

*Chest stays off
ground, shoulders
retracted and
depressed*

*Engage the back
muscles*

*Elbows stay close to
the body*



Cactus Supine Hold
3 x 15 seconds

Chest and face stays on ground

Hands and elbows off ground

Hands higher than elbows if possible



Plank
3 X 45 seconds

Hips and shoulders stay level

Knees stay straight

Hold deep breathes



Lunge Hold
3 X 15 seconds per side

Torso stays tall

Both knees at 90 degrees

Equal pressure between back leg and front heel

Knee just off ground

Engage hip muscles on both sides

