

STEP 1



STEP 2



### Mountain Climbers Fast

REPS: 10 | SETS: 3

**Setup**

Begin on all fours. Raise yourself into a push up position.

**Movement**

Quickly alternate bringing your knees to your chest.

**Tip**

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.

STEP 1



STEP 2



### Deep Squat with Arms Overhead

REPS: 10 | SETS: 3 | HOLD: 3

**Setup**

Begin standing upright with your feet slightly wider than shoulder width apart.

**Movement**

Bending at your knees and hips, squat down as far as you can. You can raise your arms up to help you balance.

**Tip**

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward past your toes during the squat.

STEP 1



STEP 2



### Squat to Heel Raise

REPS: 10 | SETS: 3 | HOLD: 2

**Setup**

Begin in a standing upright position.

**Movement**

Squat down, bending your knees and hips, then stand up and raise your heels off the ground as if you were going to jump. Repeat.

**Tip**

Make sure to keep your back straight and do not let your knees move forward past your toes during the exercise.

STEP 1



STEP 2



### Standard Plank

REPS: 10 | SETS: 3 | HOLD: 5

**Setup**

Begin lying on your front, propped up on your elbows.

**Movement**

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

**Tip**

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Tricep Push Up

REPS: 10 | SETS: 3

**Setup**

Begin on all fours, then straighten your legs into a plank position.

**Movement**

Slowly lower yourself down toward the ground by bending your elbows, keeping them tucked at your sides. Then push yourself back up and repeat.

**Tip**

Make sure to keep your elbows tucked in at your sides and your body straight during the exercise.

STEP 1



### Isometric Low Push Up

**REPS: 10 | SETS: 3 | HOLD: 5**

**Setup**

Begin on all fours with your hands slightly wider than shoulder width apart, then lift yourself into a plank position.

**Movement**

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then hold at the bottom of the position. Push yourself back up and repeat.

**Tip**

Make to keep your back straight during the exercise.

STEP 1



STEP 2



### Wall Squat

**REPS: 1 | SETS: 3 | HOLD: 30+**

**Setup**

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

**Movement**

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

**Tip**

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.