

# 6 Simple Exercises You Can do at Home

## 1. The Plank

Core exercise to strengthen the abdominals, back, and shoulders.

Do this on a rug or mat.

Try to hold this for five breaths but your goal is 30-60 seconds of the EASY version.



## 2. Prisoner squat:

Easy: squat down to chair and up

Harder: as in picture

Do NOT move elbows forward.

Goal: Do Twenty.

[http://www.youtube.com/watch?v=gB6BHzD05\\_Y](http://www.youtube.com/watch?v=gB6BHzD05_Y)



## 3. Superman (Superwoman)

- Arms and legs extended & neck in a neutral position.
- Keep your arms and legs straight (but not locked).
- Hold for 2 to 5 seconds and lower back down to complete one. A set is 10-15

**Beginner:** Alternate arm and leg

**Intermediate:** Both legs up and down and then both arms up and down.

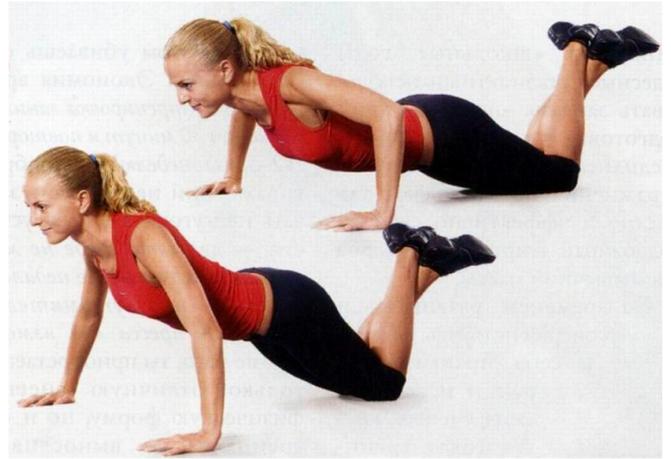
**Full Superman:** Arms and legs all up at same time. Work up to 2 or 3 sets



## 4 . Modified Pushups 5-20

[http://www.youtube.com/watch?v=bFyzS1Z\\_mxA](http://www.youtube.com/watch?v=bFyzS1Z_mxA)

Start with hands wider than shoulders so that when you lower your body your elbows are right over wrists. Back straight  
Lower your chest to the floor until your elbows form a 90 Degree angle.  
Do not let your body rest on the floor.



## 4. Dead bug

Lay on back with leg up and at 90 degrees.  
Simply move one leg forward and back.  
Keep breathing  
10-20 each side



### More advanced:

Arms up  
Leg can reach further.



<http://www.youtube.com/watch?v=8NBNM8haZx0>

## 6. Alt Lunges

Take big enough step so knee in NOT past the ankle 10 each side work up to 20

<http://www.youtube.com/watch?v=Z2n58m2i4jg>



We have chosen the links with the most careful instructions.  
Some fitness trainers on YouTube tend to show off exercises for the very fit.

**Note:** If you have a medical condition, please consult a medical professional before attempting these or any other exercises.