

1



Walking Lunge

Stand with your feet shoulder width apart and toes pointed straight ahead. Take a large step forward with your left leg and lower yourself to the floor. Shift your weight forward and pull yourself back up to the upright position using the power of your left leg. Then lunge with your right leg in the same manner. Perform 10 lunges on each side for 3 sets.

2



Runner's Arms

Stand on one leg with your knee unlocked, chest up tall and stomach drawn in. Elbows should be bent at a 90° angle. Perform rapid alternating forward and backward movement with the arms. Repeat 20 forward movements on each arm. Repeat while standing on the other leg. Perform 2 sets on each leg.

3



Walking Knee Hugs

Stand with your feet shoulder width apart and chest up tall. Lift one knee up like you are marching and gently pull it towards your chest. Be sure to stay upright and don't lean forward. Lower the leg as you take a step forward. Alternate hugging right and left knees for 3 x 12-15 repetitions.

4



Prone Leg Flutter

Lie on your stomach with your forearms on the floor and toes touching the floor. Activate your abdominal muscles to lift your pelvis off the floor so that your body is as straight as a plank. Hold this position as you alternate lifting your right and left leg. Perform 2 x 10-12 repetitions each.

5



Superhero 5x5

Assume a high push-up position. Slowly lift one arm and the opposite leg. Hold for a count of 5. Return to the starting position and repeat on the other side for a count of 5. Perform 5 repetitions on each side.

6



Prone Sky Reach

Get into a high push-up position with your weight through your hands and toes. Tighten your abdominal muscles. Reach with the left arm up toward the sky so that your arms make a straight line. Let your eyes follow the moving arm. Return to the starting position and repeat the same motion with the right arm. Alternate right and left arm lifts for 3 x 10-12 repetitions.