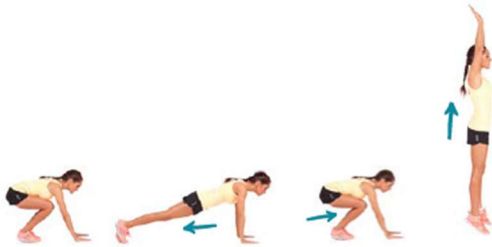


Squats



Burpees



Push Ups (On Knees)



Straight Leg Sit Ups



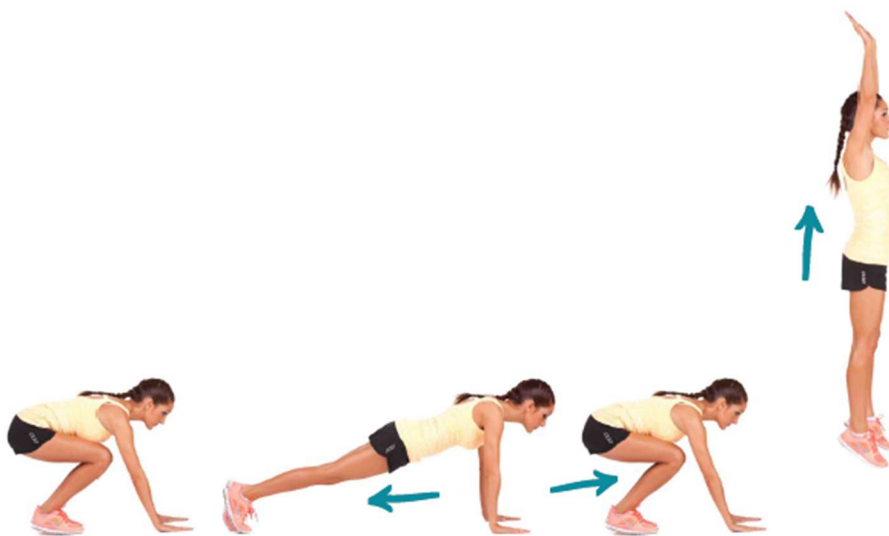
SQUATS

1. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. You may choose to extend your arms for balance.
4. Push up through your heels and return to a neutral standing position.
5. Repeat Steps 2-4.



BURPEES

1. Plant both feet on the floor slightly wider than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
5. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet.
6. Transfer your body weight onto your hands and jump your feet in towards your hands.
7. From this position, propel your body upwards in one explosive movement before landing in neutral standing position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
8. Repeat Steps 2-7.



PUSH UPS

1. Place both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet. This is your starting position.
2. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the floor until your arms form a 90 degree angle.
3. Push through your chest and extend your arms to lift your body back into starting position.
4. Repeat Steps 2-3.



VARIATION: PUSH UPS (ON KNEES)

To reduce the difficulty of this exercise, perform Steps 1-4 on your knees as shown below.



STRAIGHT LEG SIT UP

1. Start by lying flat on the floor on a yoga mat with your feet extended out in front of you and arms extended above your head.
2. Engage your abdominal muscles by drawing your belly button in towards your spine. This is your starting position.
3. Keeping your heels firmly planted on the floor, slowly lift your head, shoulder blades, and torso off of the floor.
4. As you sit up, reach forwards with your hands and touch your toes (or the action of). Ensure that it is your abdominals that initiate the movement, and that you do not use your arms to 'swing' your torso up.
5. Slowly release your arms and torso and return to starting position.

