

Quarantine Physical Fitness

Note! All exercises should be done safely and at your own pace. Modify the movements, if necessary, in order to suit your own strength and experience levels.

For each movement, do as many repetitions as you can safely do (suggestions given below).

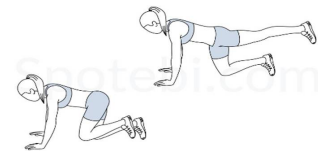
Repeat the cycle (going through all of the movements) a maximum of 4 times.

If you want to increase your heart rate you can jog in place for a minute before each set.

1. Push ups/Press ups - 10-20 (place knees on floor to make it easier)
2. Donkey Kicks - 10-20 each leg
3. Plank - 30 seconds
4. Squats - 10-20
5. Butterfly Dips - 10-20
6. Stomach Crunches - 10-20
7. Jumping Jacks/Star Jumps - 10-20
8. Mountain Climbers - 10-20
9. Single Leg Bridge - 10 each leg
10. Wall sits - 20-30 seconds



PUSH UPS 20



DONKEY KICKS 20(10 EACH LEG)



PLANK 30SECS



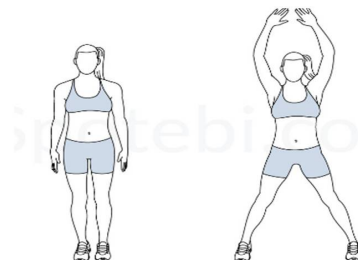
SQUATS 20



STOMACH CRUNCHES 20



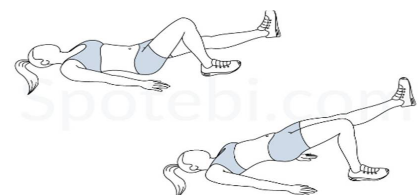
BUTTERFLY DIPS 20



JUMPING JACKS 20



MOUNTAIN CLIMBERS 20



BRIDGE SINGLE LEG RAISE 20(10 EACH LEG)



WALL SIT