

Daily Workout

BODY WEIGHT EXERCISES

Discover. Connect. Belong.

Step 1: Warm up and get your heart going with two brisk laps around the house, or walk or jog approx. ¼ mile.

Step 2: Two sets of 20 walking lunges. Stand upright, feet together, and take a controlled step forward with one leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle. Repeat with other leg.

Step 3: Three sets of 10 push-ups or modified push-ups on your knees. The correct setup for a standard push-up is to position your hands shoulder-width apart, or a little bit wider. As you bend your elbows and lower toward the ground, your elbows should be at about a 45-degree angle to your body. Holding the same position drop your knees to the mat to modify.

Step 4: 50 jumping jacks continuous or with breaks.

Step 5: Two sets of 10 squats. Stand with feet a little wider than hip width, toes facing front. Drive your hips back—bending at the knees and ankles and pressing your knees slightly open—as you sit into a squat position while still keeping your heels and toes on the ground, chest up and shoulders back. Strive to reach parallel, meaning knees are bent to a 90-degree angle. Press into your heels and straighten legs to return to a standing upright position.

Repeat steps 2–5, and finish with a light stretch.

This resource and more can be found on our website - hempfieldrec.com/fitness-wellness/daily-fitness-workouts/

Daily Workout #1
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Walking Lunge



Push-Up



Squat