

Daily Workout

OVERALL BODY

Step 1: Three sets of 25 **jumping jacks**.

Step 2: Two sets of 20 **skater hops** - Starting with legs together, squat slightly, then jump to the right as far as you can landing on your right foot and trying not to touch your left foot down. Jump back across the space on your left foot. You may lean slightly forward to help maintain balance. Swing your arms to the side you are jumping to help ease movement.

Step 3: Two sets of 15 **push-ups** - Start in a high plank position with your hands flat on the floor approx. shoulder-width apart. Keeping your body in a straight line, bend your elbows and lower toward the ground. Your elbows should be at a 45-degree angle to your body. After you lower, push up to straight arms and body in a plank position. To modify, drop your knees to the mat.

Step 4: Two sets of 20 **spider-man mountain climbers** - Still on the floor, stay in the high plank position. Drive your right knee out and up toward your right tricep. Return to the leg to the starting position. Alternate legs, performing 10 on each side (20 total).

Step 5: Two sets of 10 **donkey kicks** with each leg - Start on your elbows (lowering to your elbows helps protect your lower back) and knees. Lift one leg up behind you keeping a 90 degree angle in the knee, foot flexed. Push the bottom of your foot to the ceiling, squeezing your glute, then lower. Perform 10 reps then repeat on the other side.

Step 6: Light stretching.

This resource and more can be found on our website -
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Skater Hop



Push-Ups



Spiderman Mountain Climbers



Donkey Kicks