



# EXERCISE PICTURES

**SIT-UPS**



Lie on the floor. Bend your knees. Feet can be flat on the floor or lifted up. Place hands behind head. Reach elbows toward each knee. Repeat 10 X.

**CHILD'S POSE**




This is a relaxation pose. Place forehead on floor. Close eyes and count for 20 seconds. Lift up arms behind. Hold for another 20 seconds.

**RELAXATION BREATHING**




Sit cross-legged. Close your eyes. Take a deep breath in through your nose. Exhale very slowly through a teeny tiny hole in your mouth. Repeat 20 X.

**CHAIR**




Stand independently or lean against a wall. Bend at the knees as if sitting on a chair. Go down as far as you can. Hold. Count to 30.

**JUMP**




Stand tall with both feet together. Jump forward, landing on both feet at the same time. Jump across the room. Jump back to the beginning. Repeat 10 X.

**TURN-AROUNDS**




Stand with hands flat on the wall. Turn to the right. Place hands on wall each time. Turn left 3, 4 or 6 X. Turn right 3, 4 or 6 X the other direction.

**BURPEES**




Reach for the sky. Squat on the floor. Kick feet backwards into a plank position. Hold 1 second. Jump back into a squat. Stand tall and reach for the sky. Repeat 10 X.

**LUNGES**



Walk across the room (10') dropping alternate knees to the floor. Repeat 10 X.

**SWIMMING CHILD POSE**




Place forehead on floor. Arms are stretched in front. Lift arms up off ground. Bring out to side. Touch top of head. Swing arms in front again. Repeat 10 X.

**BIG YES**




Stand or sit with legs in front. Reach arms overhead. Bend all the way down toward floor, nodding head. Swing back up looking to sky. Repeat 10 X.

**DOWN DOG**



Hands and feet are on floor. Head is down and chin is tucked. Child should look like a triangle. Hold this position. Count to 20.

**TOE TOUCHES**




Stand tall reaching for the sky. Bends and hang at the waist. Touch each toe. Stay hanging. Repeat 10 X.

**HOP**




Stand on one foot. Hop in place 10 X. Stand on the other foot. Hop 10 more times. Repeat 2 more times with each foot.

**LEG LIFT**



Assume a wide tripod position. Lift one leg at a time. Make circles in the air with the lifted foot--3X in one direction, 3X in the other. Switch legs. Repeat 10 X.

**SUPERMAN**



Lie on belly. Lift arms and thighs off the ground. Legs can be straight or bent. Arms should be bent at elbow. Hold for 30 seconds.