

Things to think about:

Breathing is literally the most natural and most well-practiced thing you do as a human, don't forget to do it!

Don't give up! Keep a positive attitude even if an exercise is difficult.

Go into all these exercises with a positive attitude. You are all perfect as you are. The goal of this is for us to be the healthiest version of ourselves and create a routine to keep our bodies active and moving!

#### EXERCISES: #1 Abs

8cts of knees to left

8cts knees center

8cts knees to the right

8cts table top

8cts legs straight up and down

8cts table top

8cts legs on floor

Some tips and corrections:

As you go through this be sure to pay attention to breathing. People tend to hold their breath when they start to get fatigued.

Focus on keeping your arms open and your chin up to the ceiling.

Pick a tempo that is slow enough for you to fully engage your upper abs with each crunch.

Shoulder blades have to completely leave the ground each rep.

#### Exercise #2 Core with plank emphasis

8cts elbow plank

8cts of up downs

8cts straight arm planks

8cts of side plank

8cts other side plank  
Stretch it out

Think about breathing, it is super important.

In each plank position there should be a straight line from your head to your toes hips should not be too high or too low.

Make sure you're holding you abs tight by pulling the belly button in and up under your rib cage.

### Exercise #3 Arms

8cts of diamond push ups  
8cts of parallel push ups  
8cts of straight arm pushups  
Then reverse the sequence back in

Do not engage back muscles as you do this. You might feel a stretch at the top in your lower back, but all of the motion should come from your arms.

Pick a tempo that is slow enough for you to pause at the top before you lower down.

### Exercise #4 stretch

8cts of left right looks  
8cts of up down looks  
8cts of tilt looks  
16cts alternating head circles  
16cts alternating upper body circles  
16cts circles with arms

16cts Upper body isolations  
Hold 8cts

8cts over under to the center  
8cts over under to the left  
8cts over indeed to the right  
8cts over under to the center  
Hold 8cts then slowly roll up

The head tilts at the beginning should be small and comfortable. Be sure not to take it so far the you hurt yourself.

Focus on using gravity and momentum to aid in your stretch as you reverse directions

Don't grip your hips on the over unders.