

Body Weight Circuit

Repeat each exercise 8 to 12 times, complete circuit 2 to 3 times, two times per week on non-consecutive days. Breathe throughout each activity; do not hold your breath. Inhale on the easy part and exhale on the hard part. Tighten abdominal muscles and maintain core strength during activities.

BENEFITS OF PHYSICAL ACTIVITY



Enhance overall health and well-being



Improve mood and reduce feelings of stress and anxiety



Increase energy



Improve sleep



Pilé Squat

Stand with your feet wider than hip width apart, hands at your hips, and point your toes out at a 45-degree angle. Squat down, bending your knees until your thighs are parallel with the ground. Keep your weight in your heels. Pause, then push through your heels to straighten your legs.



Star Jump Squat

Stand with feet hip-width apart. Slowly push your hips back and bend your knees until your thighs are parallel to the floor. Keep your back straight and knees behind your toes. Push through your heels to straighten your body and jump with your arms reaching overhead into a 'V' position. Land softly on your feet.



Side Leg Lift

Stand with your feet close together and your hands at your hips. Transfer your weight to one leg and raise the other leg out to the side. Keep your leg straight and abdominal muscles strong. Actively bring the leg back to the starting position. Complete all repetitions on one leg before repeating on the opposite side.



Inch Worm/Reach Out

Stand with your feet close together. Bend forward until your hands touch the floor. Walk your hands out away from your feet. Place more and more of your body weight on your hands until your hands reach 3 to 4 feet in front of your toes. Walk your hands back to your toes, keeping your abdominal muscles strong.



Modified Push-up

Kneel with your hands below your shoulders and arms extended with a slight bend in the elbow. Lower your hips until your back is flat. Place your body weight on the top of your knee, not your kneecap. Bend your elbows to lower your chest toward the floor, keeping your back as straight as possible, hips low toward the floor, and neck extended. Press chest back up to the start position.



Chair Dip

Sit down on a chair. With your hands grip the front edge of the chair. Slide your body forward until your hips are out in front of the chair. Adjust your feet so your heels are a couple of inches in front of your knees. Start with your arms straight. Lower your body by bending your arms to a 90-degree angle. Point your elbows directly behind you; do not let them go out to the sides. Press back up until your arms are straight.



Sprinter Sit-up

Lie on your back with your legs out straight and your arms reaching overhead. Tighten your abdominal muscles. Simultaneously raise your shoulders and your right leg off of the floor. Swing your arms into a position as if you were running and bring your left elbow to your right knee. Hold for a few seconds. Return both your upper body and legs to the floor. Repeat on the opposite side.



Roll-up

Lie on your back with your legs bent and arms reached overhead. Bring your arms off the floor and towards the ceiling. Tighten your abdominal muscles, bring your shoulders off of the floor and roll your upper body up toward the ceiling and your knees. Reach as high as you can toward the ceiling. Hold for a few seconds. Uncurl back down to the starting position.



Modification

Plank Hold

Kneel with your hands below your shoulders and arms extended with a slight bend in the elbow. Extend your legs behind you so only your hands and toes touch the floor. Maintain a straight line with full body. Modification: 1) Place your knees on the floor instead of your toes. Maintain a straight line from knees to shoulder. 2) Place your forearms on the floor instead of your hands.

Credits: Developed by Emily Gratopp, Photography by Vicki Jedlicka, Photography editing by Karen Wedding, Exercise poses by Marusa Cernjul

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