

# Your On-The-Go Workout



Exercise	Duration	Instructions
<b>WARM UP: JOG IN PLACE</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand with your feet shoulder-width apart and begin jogging in place.</li><li>2. Swing your arms up and down from hip to chest level as you jog.</li><li>3. Land on the balls of your feet; your heels should not touch the floor.</li></ol>
<b>WARM UP: HIGH-KNEE MARCH</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand with your feet shoulder-width apart and your arms bent at 90 degrees.</li><li>2. Bend your knee and step it up to waist level as you swing your left arm forward. Swing your arm back to starting position as you set your foot down.</li><li>3. Switch sides and repeat continually, marching in place.</li></ol>
<b>WARM UP: SUPER SQUATS</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand with your feet slightly wider than shoulder-width apart.</li><li>2. Bend your elbows and clasp your hands behind your head as you bend your knees and descend into a squat.</li><li>3. Push through your heels as you return to the starting position and keep your elbows up and back straight throughout the motion.</li></ol>
<b>WARM UP: TIGHT BACK- ARM CIRCLES</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand with feet hip-width apart and your arms hanging down at your sides.</li><li>2. Raise both arms straight out to your sides with your palms facing down.</li><li>3. Rotate your arms in small reverse circles. Keep your abs tight and your eyes focused forward.</li></ol>
<b>WARM UP: SPINAL TWIST</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand up straight and bend your elbows so that your forearms point forward on each side of your body.</li><li>2. Bend your knees slightly and rotate your torso to the right, come back to center and twist to the left. Repeat from side to side in a continuous motion.</li></ol>
<b>WARM UP: STANDING LEG EXTENSION</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand with your arms hanging at your sides. Bend your right knee and raise it to hip level.</li><li>2. Kick your right leg in front of you so that it is fully extended, with your heel forward and toes flexed back toward your body.</li><li>3. Keep your upper body upright throughout the movement. Switch sides and repeat.</li></ol>
<b>SWITCH SQUAT TO LUNGE</b>	30 seconds	<ol style="list-style-type: none"><li>1. Stand with your feet shoulder-width apart and knees slightly bent.</li><li>2. Lean into your heels and bend your knees to perform a shallow squat.</li><li>3. Launch yourself up and out of the lunge, softly landing in another shallow squat. Alternate between left and right foot lunges.</li></ol>
<b>PLANK TO PUSHUP</b>	30 seconds	<ol style="list-style-type: none"><li>1. Start on your hands and knees.</li><li>2. Extend your arms and legs into a standard pushup position with your hands directly under your shoulders and your hips elevated.</li><li>3. Lower back down and drop both elbows onto the floor into an elbow plank. Push back up with one arm at a time into a full pushup position.</li></ol>

*Consult your physician before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other health care professional. Do not start this program if your physician or health care provider advises against it.*

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FRONT KICKS	30 seconds	<ol style="list-style-type: none"><li>1. Begin in a fight stance with knees slightly bent, abs tight and hands at chin level.</li><li>2. Balancing on one leg, lift your right knee up toward your chest and in a single motion extend your foot forward, kicking away from your body.</li><li>3. Bring your kicking knee and foot back toward your body, and lower it to the floor. Alternate left and right kicks.</li></ol>
OBLIQUE CRUNCHES	30 seconds	<ol style="list-style-type: none"><li>1. Begin laying down on your right side with your right leg slightly bent, and your left leg crossed over your right leg with knee bent.</li><li>2. Bend your right elbow on the floor and place your left hand on the side of your head.</li><li>3. Lift your torso upward and back down, using your right elbow to maintain stability. Switch sides and repeat.</li></ol>
KICKBACKS	30 seconds	<ol style="list-style-type: none"><li>1. Begin in a basic fight stance with your knees slightly bent and your hands at head level.</li><li>2. Shift your body weight onto one leg, bending and lifting the knee of your other leg as you do so.</li><li>3. As you lean forward, kick your lifted leg back as high as you can. Return to starting position and repeat with your other leg.</li></ol>
SINGLE LEG DIP OR SQUAT	30 seconds (each leg)	<ol style="list-style-type: none"><li>1. Begin in a standing position and lift your left leg off the floor, bending it at the knee.</li><li>2. Squat halfway down with your right leg; keeping your left leg off the floor, pause at the lowest point in your squat.</li><li>3. Push through the heel of your right leg to return to starting position. Switch sides and repeat.</li></ol>
PLANK TO OBLIQUES	30 seconds	<ol style="list-style-type: none"><li>1. Begin in a modified pushup position with your elbows on the floor.</li><li>2. Without lifting your hips, tuck your left knee up towards your left shoulder, keeping your left foot off the floor as you do so.</li><li>3. Return your left leg to its original position and alternate between legs.</li></ol>
ELBOW-TO-KNEE TWIST	60 seconds	<ol style="list-style-type: none"><li>1. Stand with your feet shoulder-width apart. Lift your arms to shoulder level and bend your elbows at 90 degrees so that your hands are at ear level.</li><li>2. Thrust your left knee up and forward while you engage your abs to twist your upper body, reaching your right elbow to your raised left knee.</li><li>3. Squeeze your abs with each repetition as you alternate from side to side.</li></ol>
HALF MOON LUNGES	60 seconds (each side)	<ol style="list-style-type: none"><li>1. Stand with your feet shoulder-width apart. Bend your left knee and lunge directly to your left side.</li><li>2. Bring your foot back to starting position, and lunge at a 45-degree angle with your left foot.</li><li>3. Return to starting position and perform a standard forward lunge. Switch sides and repeat the sequence.</li></ol>
FIRE HYDRANT	30 seconds (each side)	<ol style="list-style-type: none"><li>1. Begin in a kneeling position with your toes on the floor behind you, heels pointed toward the ceiling and your arms extended beneath your upper body for support.</li><li>2. Raise your right leg up and to the right, keeping your knee bent.</li><li>3. Bring your leg back down to starting position and repeat for 30 seconds before switching legs.</li></ol>

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