




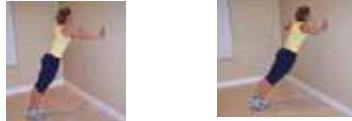






# BODY WEIGHT STRENGTH WORKOUT I

Fitness Level: *Beginner*

Equipment Needed: *None*

Complete 1 to 2 sets of each exercise, depending on your fitness level and time constraints. Rest 30 – 60 seconds between sets.

For more workouts like this, go to [www.youcanmakeitfit.com](http://www.youcanmakeitfit.com)

EXERCISE	REPS	PICTURES	DESCRIPTION
<b>PLIE SQUATS</b> (inner thighs, buttocks and quadriceps)	10		<i>Start:</i> Feet VERY wide apart, toes pointing out like a ballerina, hands on hips. <i>Motion:</i> Keeping torso upright, drop hips down as far as is comfortable for knees (no further than thighs parallel to floor). Return to start. <i>Tips:</i> Don't let chest fold forward toward floor; keep eyes looking ahead to keep body tall.
<b>WALL PUSH UPS</b> (chest, shoulders and back)	10		<i>Start:</i> Stand with palms flat on a wall, hands about 6" wider than shoulders on each side, feet about 2 feet back from wall. Come up on to toes. <i>Motion:</i> Bend elbows and lower body close to wall; slowly return to start.
<b>GOOD MORNINGS</b> (hamstrings, low back)	10		<i>Start:</i> Feet about hip distance apart, hands on hips. <i>Motion:</i> Keeping straight spine and very small bend in knees, hinge from hips and "fold" body in half looking forward with the chin off the chest. Stop when upper body is parallel to floor. Return to start. <i>Tips:</i> Do not lock knees straight.
<b>CRESCENT LUNGE</b> (quadriceps, hamstrings, buttocks)	10 ea leg		<i>Start:</i> Hold on to wall or chair for balance if necessary; or, hands on hips or out to side. Legs in staggered stance, front foot 2 1/2 – 3 feet in front of back foot. Pull back heel slightly off floor, keep back leg straight. <i>Motion:</i> Simply bend and straighten front leg. <i>Tips:</i> When bending front leg, do not allow front knee to go more forward than front toes. Do not bend back leg.
<b>TRICEPS DIPS</b> (triceps, front of shoulders)	10		<i>Start:</i> Sitting close to edge of chair or bed, hands on bed or chair very close to hips, fingers pointing forward. Keep knees slightly bent and move buttocks forward off the edge. <i>Motion:</i> Drop body down until elbows make a 90 degree angle; keep elbows pointing back. Lift body up again until arms are straight – do not return to sitting until end of set. <i>Tips:</i> The higher the chair or bed, the easier this will be. Lower chair or bed will be harder.
<b>BRIDGES</b> (buttocks, quadriceps, hamstrings, abdominals)	10		<i>Start:</i> Lying on back, knees bent, legs hip width apart, feet on ground a few inches away from buttocks, hands on floor alongside body. <i>Motion:</i> Lift buttocks and back off floor, extending hips up. Hold briefly and lower hips back down without touching floor.
<b>HEEL DROPS</b> (abdominals, hip flexors)	20 total (10 ea leg)		<i>Start:</i> Stay on back, legs lifted toward ceiling, 90 degree angle at hips, hands <i>under</i> low back and buttocks for more support. <i>Motion:</i> Slowly lower one foot close to floor, touching heel on floor if possible. Return leg to start and repeat on other side. <i>Tips:</i> Keep abdominals engaged throughout (tuck belly button in toward spine). If any pain in the low back, do not lower heels so far to floor.
<b>SUPERMEN</b> (back)	10		<i>Start:</i> Lying on floor stomach down, looking down at floor. Hands in small of back. <i>Motion:</i> Keeping feet and legs on floor, raise chest and chin up as far as is comfortable. Pause. Lower to floor and repeat. <i>Tips:</i> Do not strain neck by looking too far ahead or up.