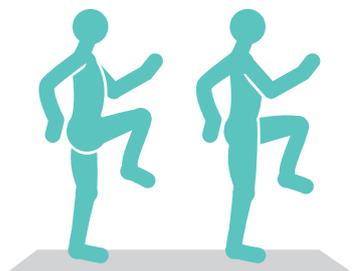


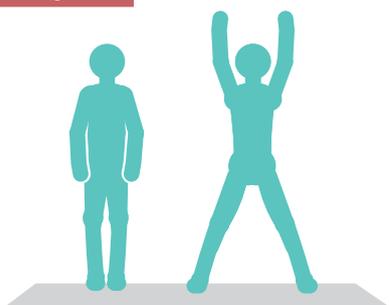
SEVEN EASY EXERCISES

HIGH KNEES



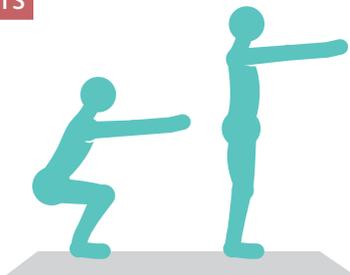
Stand with your legs slightly apart. Raise one knee to the level of your hips so that your thigh is parallel to the ground. Swing the alternate arm to the leg you are raising. Repeat with the other leg and continue, as if you are marching on the spot. You can go faster to make this exercise more intense.

JUMPING JACKS



Stand with your feet together and pointing forwards, and your arms at your sides. In one movement, bend your knees and jump so that you land with your feet more than shoulder-width apart. At the same time, raise your arms out to the sides so that your body forms an 'X' shape. Immediately jump back into the starting position.

SQUATS



Stand with your feet facing forward, slightly wider than shoulder-width apart. Slowly bend your knees and lower your body, as if you were sitting on a chair. Raise your arms out straight in front of you to help you balance. Pause and then slowly rise back up to the starting position. When you bend, make sure you keep your knees behind your toes. Do not let your hips sink lower than your knees.

PLANKS



Place your forearms (the part between your wrist and elbow) on the ground. Raise your body so that it is supported only by your forearms and toes. Your body should form a straight line from your shoulders to your ankles. Hold this position and feel your muscles working!

CRUNCHES



You may need a mat to make this exercise more comfortable. Lie your back on the floor, with your knees bent and your legs roughly shoulder-width apart. Keep your feet flat on the floor. Place your fingertips lightly behind or at the side of your head. Take a deep breath and as you breathe out, use your stomach muscles to raise your chest and head an inch or two off the ground. (Make sure you are not pulling on your head.) As you breathe in, lower your chest and head back to the ground.

BURPEES



This exercise should be done as one flowing movement. Stand with your feet shoulder-width apart. Bend your knees and lower your body into a squat. Place your hands on the floor in front of you and transfer your weight onto them. Keeping your hands on the floor, jump your feet back together behind you, so that your body forms a straight line. Then immediately bring your feet back so that you return to the squatting position. Jump back up into the starting position.

PUSH-UPS



Place your hands on the floor slightly more than shoulder-width apart. Raise your body so that it is only supported by your hands and toes. Keep your body as straight as possible. Keeping your back straight, bend your elbows and lower your chest until it is about an inch from the ground. Then push your body back up into the starting position. *For an easier version of this exercise, support yourself on your hands and knees instead of your hands and feet.*