



Full-Body Movement Tip Sheet

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Suggestions for planning your workout:

- It is always helpful to track your workouts so you can stay organized and intentional while also measuring progress!
- Hydration is key!
- Everyday is different! Even when you aren't feeling your strongest, continue to show up and do the work! Some days and weeks are more challenging than others because life can throw us curve balls. It is in these times when we continue to show up for ourselves that we grow and learn how strong we really are!
- Weight can vary depending on your intention and specific lift. We recommend starting with less weight and trying more reps so you can build healthy movement patterns before adding more weight

A set is a series or group of repetitions. With the exercises on these worksheets, you can start with 3-5 sets.

A rep or repetition is how many of each exercise you will do. With the exercises on these worksheets you can try anywhere from 6-12 reps.

Rest time in between each set is very important to give your muscles a short recovery period before getting into your next set. This not only gives you time to breathe and work on heart rate variability, but also supports injury prevention. Suggested rest time can be anywhere from 30-60 seconds for the exercises provided.

"One set each with 12 reps and 60 second rest = 18 minute total" or "Three sets with 12 reps and 60 second rest = 55 minute total"

We recommend starting where you are and working from there! Physical Activity guidelines recommend

doing activities that make your muscles work harder than usual at least two days a week.

Fitting in Fitness at Home

1. High Knees

One at a time, bring your knees up to hip height. For higher intensity, pick up the pace!

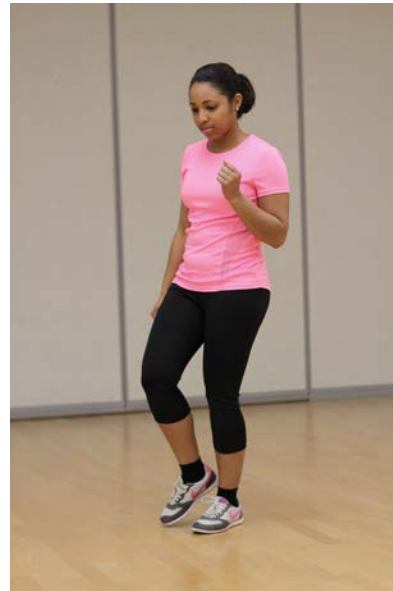


Figure 1. High Knees Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 2. High Knees Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)

2. Narrow Squats

With your feet together, sit back like you're aiming for a chair. Make sure your knees don't go past your toes.



Figure 3. Narrow Squats Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 4. Narrow Squats Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)

3. Calf Raises

Shift your weight into your toes to raise your heels. Then, lower your heels back to the ground.



Figure 5. Calf Raises Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 6. Calf Raises Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)

4. Knee Push-ups

Place both hands and both knees on the ground. Tuck your toes for stability. Bend at your elbows to bring your chest closer to the floor. Press the ground away to return to starting position.



Figure 7. Knee Push-Ups Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 8. Knee Push-Ups Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)

5. Superman

Lying on the floor, lift your arms and legs at the same time. Keep your neck in line with your spine. Slowly lower to release.



Figure 9. Superman Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 10. Superman Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)

6. Wall Sit

Against a wall, with your toes slightly turned away from you, bend your knees to lower into a squat. Hold as long as you can!



Figure 11. Wall Sit Exercise (Liz Sykes, Adam Stackhouse, The AVAdventure)

7. Upright Row

Start with feet about hip-distance apart for stability, and hands down by your side. With palms facing your chest, bend your elbows to bring your fists up to your chest. If you don't have weights, it's okay, just grab whatever you have near you- like a water bottle or book!



Figure 12. Upright Row Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 13. Upright Row Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 14. Upright Row Exercise Step 3 (Liz Sykes, Adam Stackhouse, The AVAdventure)

Vary the amount of sets and reps to your fitness!

8. Lateral Raise

Start with your arms by your sides, lift up to shoulder height, making a "T" shape with your body. Return to standing position.



Figure 15. Lateral Raise Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 17. Biceps Curl Exercise Step 1 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 16. Lateral Raise Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)



Figure 18. Biceps Curl Exercise Step 2 (Liz Sykes, Adam Stackhouse, The AVAdventure)

9. Biceps Curls

Start with feet about hip-distance apart for stability, and hands down by your side. Bend at your elbows to bring your fists close to your shoulders. Keep elbows close to your sides. Return to starting position.



Figure 19. Biceps Curl Exercise Step 3 (Liz Sykes, Adam Stackhouse, The AVAdventure)

Keep track of how many repetitions you complete or how long you hold a pose. This will help you track your progress.

10. Plank

Start with hands under your shoulders, tuck your toes, engage your belly. Hold for as long as you can. The wider your feet, the more stable you'll feel.



Figure 20. Plank Exercise (Liz Sykes, Adam Stackhouse, The AVAdventure)

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