



# Virginia Cooperative Extension

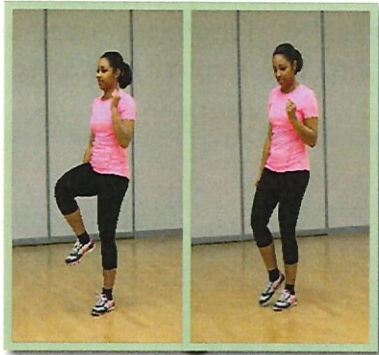
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## FITTING IN FITNESS AT HOME

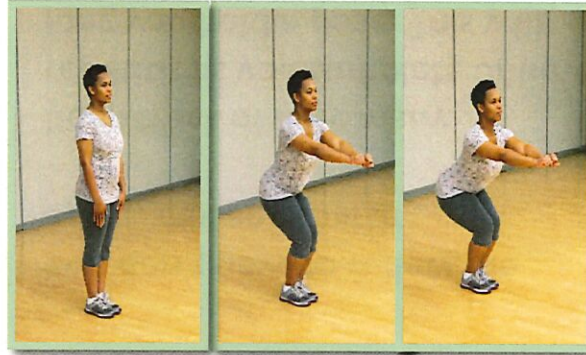


HNFE-509NP



### 1. High Knees

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



### 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.



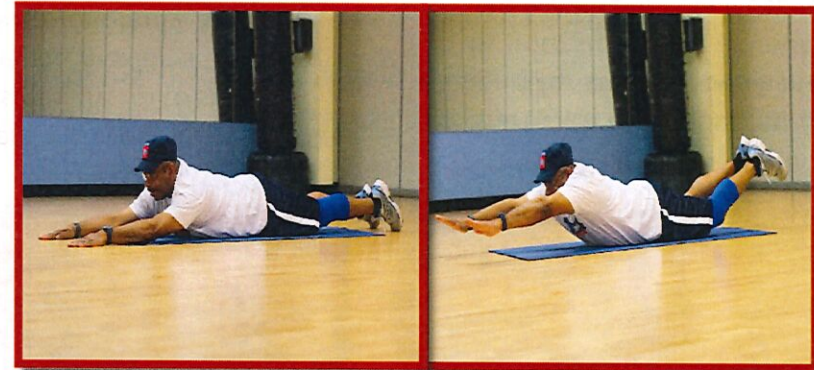
### 3. Calf Raises

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



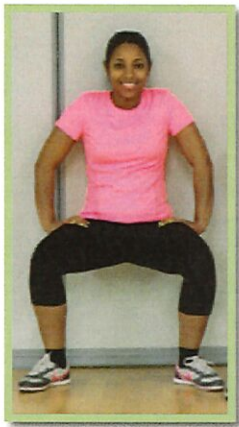
### 4. Knee Push-ups

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.



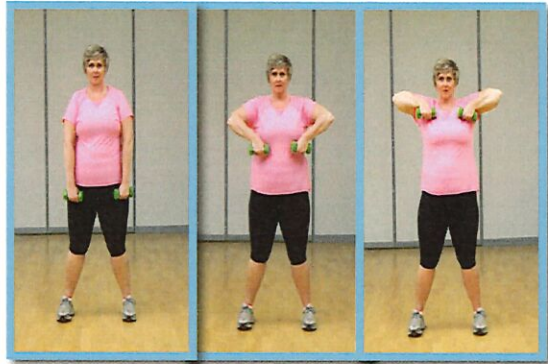
### 5. Superman

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.



### 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!



### 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!



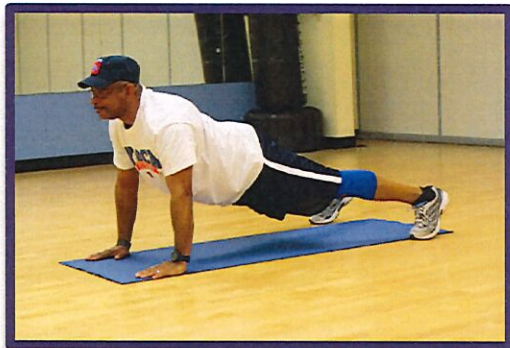
### 8. Lateral Raise

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



### 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.



### 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.

### Tips & Tricks:





**Vary the amount of sets and reps to your fitness! Level**

**You don't have to follow the order, mix and match**

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

Border Key:

*Each exercise photo has a border. Below is the key for which body part this exercise is primarily targeting.*

-  = Lower body
-  = Abdominals
-  = Back
-  = Upper body