



### **Toe Touch Crunches: 20 reps, 3-4 sets**

**MUSCLES TARGETED: RECTUS ABDOMINUS, OBLIQUES**

LIE ON YOUR BACK WITH YOUR LEGS STRAIGHT UP TOWARDS THE CEILING. SQUEEZE YOUR ABS AND TO PUSH YOUR LOWER BACK DOWN. EXTEND YOUR ARMS STRAIGHT AND REACH FOR YOUR TOES. HEAD AND SHOULDERS SHOULD BE LIFTED OFF THE FLOOR

### **Curtsy Lunge: 20 reps, 3-4 sets**

**MUSCLES TARGETED: QUADS, GLUTES, GASTROCS**

STAND WITH YOUR FEET SHOULDER WIDTH APART AND HANDS ON YOUR HIPPS FOR STABILITY. USE YOUR LEFT LEG AND TAKE A LARGE STEP BACK AND ACROSS TO THE RIGHT. THEN SQUAT SO YOUR RIGHT THIGH IS PARALLEL TO THE GROUND. PUSH OFF WITH YOUR LEFT LEG TO STRAIGHTEN YOUR LEGS AND RETURN TO STARTING POSTITION.SWITCH LEGS.



### **Knee Tuck Jumps: 20 reps, 3-4 sets**

**MUSCLES TARGETED: HAMSTRINGS, GASTROCS, GLUTES, QUADS**

START WITH FEET SHOULDER WIDTH APART AND HANDS BY YOUR SIDES. GET DOWN IN A QUARTER SQUAT POSITION. USING ALL OF YOUR FORCE, JUMP UP AS HIGH AS YOU CAN AND BRING YOUR KNEES TO YOUR CHEST. REPEAT ONCE YOUR FEET RETURN TO THE GROUND.

