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| --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Description** | **Picture/Barcode** | **Repetitions** | **Time** |
| Run in place | Cardio | Find a spot. Run in place. Higher the knees, higher the difficulty level. KEEP YOUR BACK STRAIGHT. | http://beautymarkaz.com/wp-content/uploads/2013/01/High-Knees.jpg |  | 1-30 seconds run  2-40 seconds high knees  3-60 seconds high knees |
| Lunges | Legs | Stand with a straight back. Take a large step. Bend (with a straight back) to where the knee is above the ankle. | http://www.womenshealthmag.com/files/wh6_uploads/images/new-lunges-02.jpg | 1-10 each side  2-8 each side with the back foot step  2-13 each side with back foot on step |  |
| Body squats | Legs | Stand with feet shoulder width apart. Squat like you were about to sit in a chair. Legs to butt is 90 degrees. Knees are above the ankles. Then come back up. | http://cdn.running.competitor.com/files/2012/09/body-weight-squats-up-down-girl.jpeg | 1-10  2-14  3-18 |  |
| Push ups | Arms | Bent legs=put knees on floor. Legs, butt, and back lined up with each other. Hands apart. Bend elbows down.  Straight legs=same, but with straight legs | http://speedendurance.com/wp-content/uploads/2014/03/Push-Ups.jpghttps://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcTkK9-UR3kMx0p8bqlHicPJ7faPwqoha5RHEzTvwDbgCWZ3vZV_Z43utq4K | 1-8 bent knee, 2 straight legs  2-9 straight legs  3-15 straight legs |  |
| Plank | Core and arms | Rest on forearms and toes. Legs, butt, and back are all lined up with each other. Shoulders above elbows. | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQGiY9uFj4O7YuLVCHimkjE5wHsl5Y8Fb2g_6osZByJ33jq5I0S |  | 1-20 seconds  2-35 seconds  3-50 seconds |
| **Teaser** | Core | Lie on your back with knees bent to 90-degree angles and feet lifted. Tighten abs as you inhale, and lift arms up and back over head.  Exhale and swing arms forward, straightening legs so your body forms a V. If needed, put hands on the floor for support.  Roll down slowly, bending knees and bringing arms overhead | teaser-abs | 1-5  2-8  3-14 |  |

**Do all and do proper form. Let your fitness group push each other. PICK THE LEVEL THAT FITS YOU. YOU CAN ALWAYS DO MORE! ☺**