

STAY ACTIVE AT HOME



STRENGTH ACTIVITIES

Activity 1

Improve your core

Step 1: Get into the plank position as shown in the picture.

Step 2: Hold for 1 minute (or as long as you can)

Step 3: Hold for 30 seconds

Step 4: hold for 15 seconds

Have a 30 second rest between each set.



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Activity 2

Squats

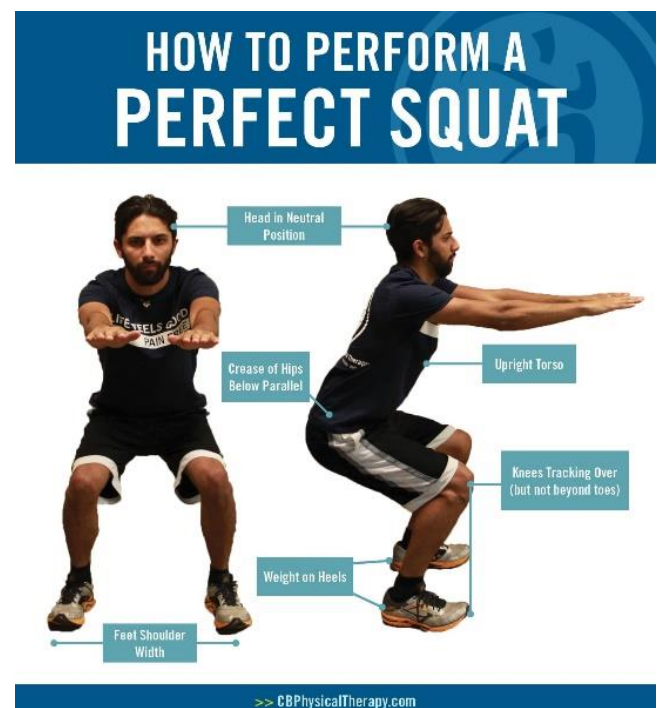
Step 1: Get into a squat position as show in the picture.

Step 2: Bend your knees, keep your back as straight as possible.

Step 3: Hold that position for 5 seconds.

Step 4: Straighten body (Stand back up)

Repeat 20 times.



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Activity 3

Around the world press up

Step 1: Get into a press up position

Step 2: Keep arms straight.

Step 3: Lift up right arm off the floor and touch your left shoulder

Step 4: put right hand back down on the floor

Step 5: Lift up left arm and off the floor and touch your right shoulder

Step 6: put left hand back on the floor

Then repeat for 1 minute.

