



Lying hip bridges

- Lie flat on your back with your knees bent and feet flat on the floor.
- Flatten your lower back against the floor, squeeze your butt, and push your hips up.
- Make sure to push through your entire foot, as if you're trying to push your toes out the end of your shoes.
- Pause, then slowly lower to start position.

Squats to chair

- Stand with your feet hip-width apart directly in front of a chair with your back to the chair.
- Keeping your chest up, push your hips back and bend your knees to lower your body toward the chair.
- Either touch your butt to the chair or sit down on it; your upper body should be leaning forward slightly.
- Pause, then push through your feet and squeeze your butt to return to start position.

Wall pushups

- Stand about 2 feet away from a wall (move closer to make the exercise easier) and place your hands against it at shoulder height and shoulder-width apart.
- Keeping your body straight, bend your elbows diagonally to your sides to bring your chest to the wall.
- Let your heels come off the floor.
- Pause, then slowly press through your hands to straighten your elbows and return to start position.

Side lying circles

- Lie on one side on the floor with your body in a straight line, your bottom arm extended straight under your head.
- Squeeze your abdominals to pull in your belly.
- Keeping your hips directly over each other, lift your top leg to about hip height and move your leg

in small clockwise circles in the air.

- Pause, then move your leg in small counter-clockwise circles.
- Lower your leg to return to start position; roll over and repeat on the opposite side.

Opposite arm and leg balance

- Get in bridge position (on all fours with your hands directly under your shoulders and knees under your hips).
- Keeping your back flat and abdominals tight, lift one hand to reach straight in front of your shoulder while lifting your opposite foot straight behind your hip.
- Hold for three breaths (or as long as you can maintain balance), and then lower your hand and foot to the floor to return to start position. Repeat on the opposite side.

Dead bugs

- Lie flat on your back with your arms and legs up in the air and knees bent.
- Maintaining contact between your lower back and the floor, lower one leg until your heel almost touches the floor while also lowering the opposite arm toward the floor above your head.
- Return to start position and repeat on the opposite side.
- Modification: Make this exercise harder by keeping your legs straight rather than bent.

Side planks

- Lie on your side, propped up with your elbow directly below your shoulder.
- With either the sides of your feet or the sides of your knees stacked on the floor (whichever is comfortable for you), squeeze your abdominals and lift your hips off the floor so your body forms a straight line from your ears to either your feet or knees.
- Hold as long as you can while maintaining good form.
- Lower your hips to return to start position and repeat on the opposite side.

Wall angels

- Stand with your back flat against a wall and your feet 3 to 6 inches from the wall.
- With the back of your head touching the wall and your arms straight down by your sides, tuck your chin to your chest.
- Turn your palms out and slowly raise your arms, maintaining contact with the wall.
- Raise your arms as high as you can without your elbows bending or feeling any discomfort.
- Pause, then lower your arms to return to start position.

Modifications

- Encourage participants to hop, skip or jump around the playing area.