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FITNESS BREAKS

# Quad STRETCH

Start in a normal standing position. Bend one knee and raise the foot towards the buttock. Slightly flex the standing leg so the knees are together (but not touching). Hold the front of the raised foot and pull the heel towards the buttock.

**HOLD FOR 30 SECONDS ON EACH SIDE**



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# Neck ROLLS

Lean head to left, drop chin towards chest, bring right ear toward right shoulder.

**REPEAT 5 TIMES AND THEN SWITCH DIRECTIONS AND COMPLETE 5 MORE**



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# Push-Ups

Begin in push-up position, on knees or toes. Perform 4 regular push-ups, abs in and back straight. On the 5th push-up, lower halfway down and hold for 4 counts. Push back up and repeat the series—4 regular push-ups and 1 half-way. Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

**REPEAT 10 TIMES**

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# Chair DIPS

Sit on a bench or chair. Begin with the hands next to or slightly under the hips. Lift up onto the hands and bring the hips forward. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down.

**PUSH BACK UP WITHOUT LOCKING THE ELBOWS AND REPEAT FOR 10-15 TIMES**



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# Hamstring STRETCH

Stand with one foot just in front of the other. Bend the back knee and rest your weight on the back leg. Tilt the hips forward as if sticking your bum in the air!

**HOLD FOR 30 SECONDS ON EACH SIDE**



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# Squats

Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the kneecaps behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.

**REPEAT 20 TIMES**



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# Knee to Elbow

Lift up right arm and raise left knee and lower your right elbow toward knee in a diagonal motion. *This exercise can be done seated or standing.*

**REPEAT 20 TIMES, 10 ON EACH SIDE**



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# Wall SITS

Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold, keeping the abs contracted, for 20-60 seconds. Come back to start and repeat, holding the squat at different angles to work the lower body in different ways. To add intensity, hold weights or squeeze a ball between the knees.

**HOLD FOR 30 -60 SECONDS, REPEAT 10 TIMES**



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# REVERSE Lunge

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. Return to the standing position.

**REPEAT 20 TIMES, 10 ON EACH SIDE**



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# Bicycle

Lie face up with lower back pressed to the floor. Lightly touch your head above the ears with elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in (don't let them bulge out) and breath continuously.

**REPEAT 20 TIMES**



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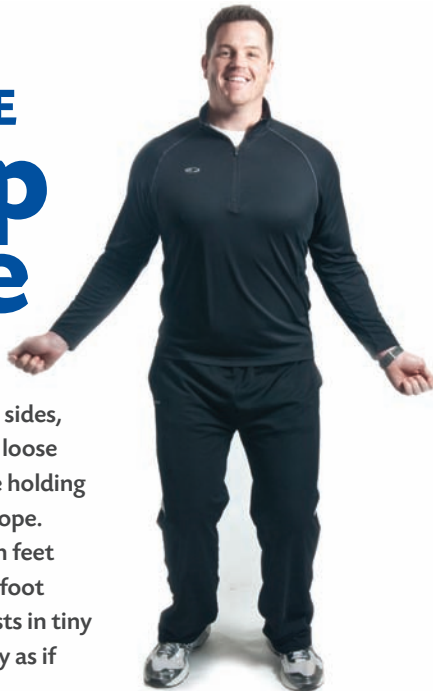


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# INVISIBLE Jump Rope

Start with arms by your sides, grasp your hands into a loose fist and pretend you are holding the handles on a jump rope. Begin to jump with both feet or bounce from foot to foot while rotating your wrists in tiny circles next to your body as if you're jumping rope.

**REPEAT 20 TIMES**



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# Triceps STRETCH

Put one arm overhead. Position forearm as close as possible to upper arm. Grasp elbow overhead with other hand. Pull elbow back and toward head. Hold stretch. Repeat with opposite arm.

**HOLD FOR 30 SECONDS ON EACH SIDE**



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# March IN PLACE

Lift knees high and exaggerate the arm swing.

**MARCH FOR 60 SECONDS**



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# Squat JUMP

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet.

**REPEAT 10 TIMES**

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# SEATED OBLIQUE Crunch

Sit up straight with your knees bent and feet flat on the floor. Place your hands on the sides of your head and curl your body downward making your elbow touch your opposite knee. Squeeze your abs forcefully, rise back up and alternate sides.

**REPEAT 20 TIMES, 10 ON EACH SIDE**



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# Leg PULL-INS

Sit on the front part of your chair and extend your legs out straight in front of your body. Grab the edge of the chair behind your buttocks, lift your legs 6 inches off the floor and lean back slightly. Pull your knees into your chest as you lean forward. Squeeze forcefully and extend your legs back out.

**REPEAT 20 TIMES**



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# SEATED Run

From a seated position with feet on the ground, begin to move your legs and arms in a running motion. Begin to speed up as fast as you can and continue for one minute.

**RUN FOR 60 SECONDS**



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# CHAIR Squats

Stand in front of a chair and slowly squat until you're hovering just over it. Keep your kneecaps behind your toes.

**PULSE HALFWAY  
DOWN FOR 5 COUNTS,  
STAND BACK UP IN  
ONE FULL MOTION  
REPEAT 10-15 TIMES**



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# Crunches

Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off the ground. The hands can be behind or beside the neck or crossed over the chest.

**REPEAT 20 TIMES**



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# Bicep CURLS

Stand with your legs hip-width apart. Bend both elbows to 90 degrees and tuck them close to your side. Using your own resistance, lower your arms to your sides. Use resistance to bring your arms back up to the starting position.

**REPEAT 20 TIMES**



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