



Side hop

Wellness Tip:

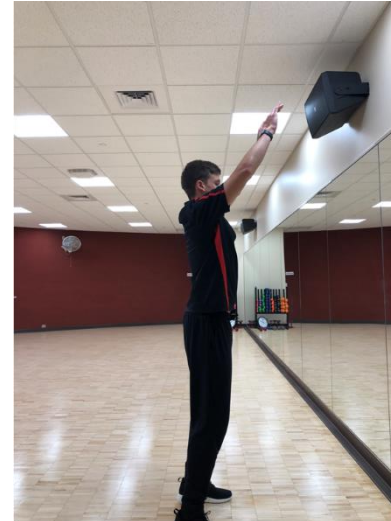
Find a line and perform lateral hops no more than a foot apart!



Squat Jump

Wellness Tip:

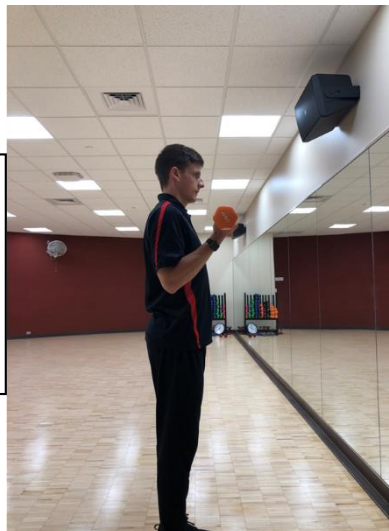
Perform the squat and use the arms to help swing you into momentum for a jump!



Bicep Dumbbell Curl

Muscles used: Biceps

Standing tall, isolating elbow flexion for each arm.



Mountain Climbers

Wellness Tip:

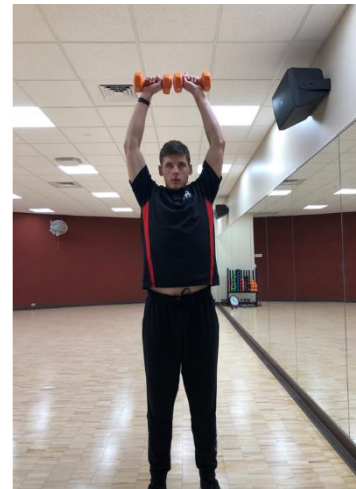
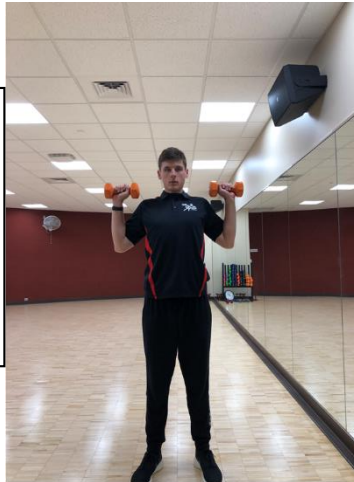
Very similar to the pushup plank position, just add the alternating of the legs driving them towards the chest!



Shoulder Dumbbell Press

Muscles used: Deltoids

Start with elbows at a 90 degree bend, then work to extend the arms above the head.

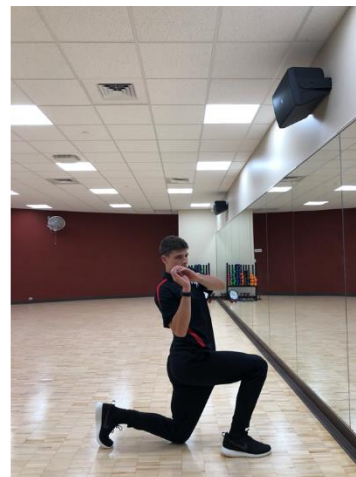
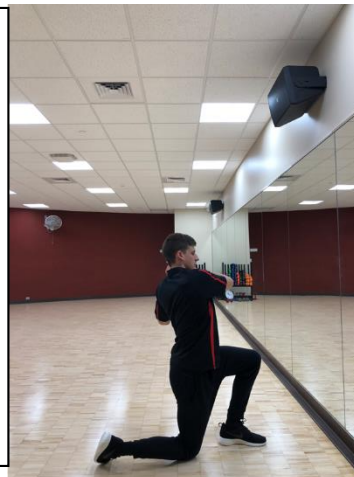


Reverse Lunge

Wellness Tip:

Very similar to the regular lunge, instead of taking a step forward proceed to take alternating steps behind you.

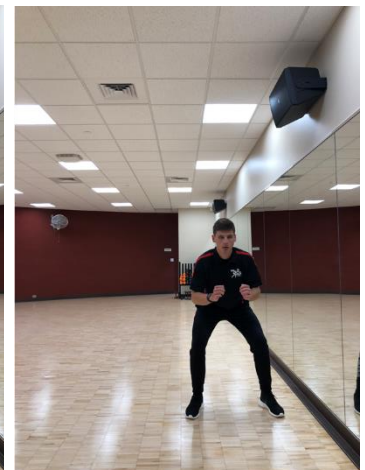
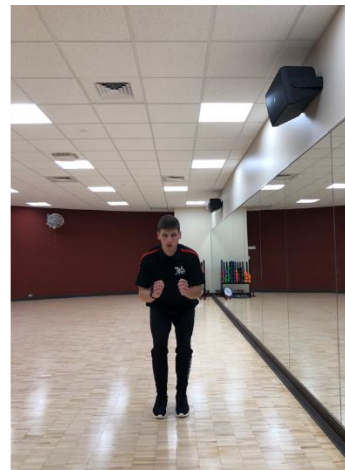
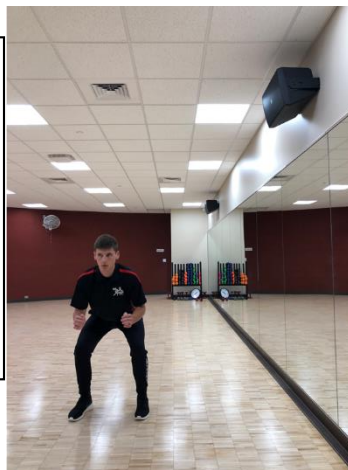
Keeping the back and head straight also ensure that each knee is bent at 90 degrees for optimum range of motion.



Squat with a Shuffle

Wellness Tip:

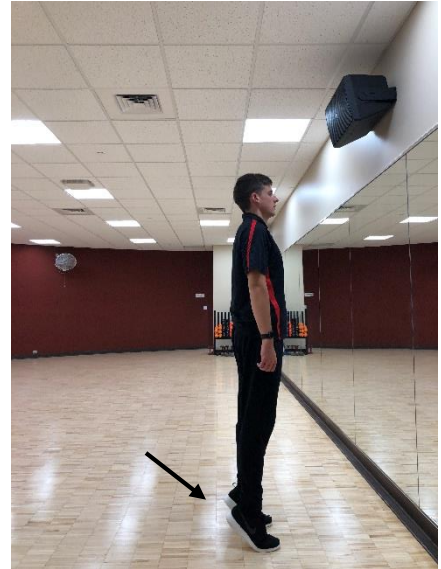
Perform a simple body squat and right after the squat do a 3 step shuffle and perform the body squat again.



Calf Extension

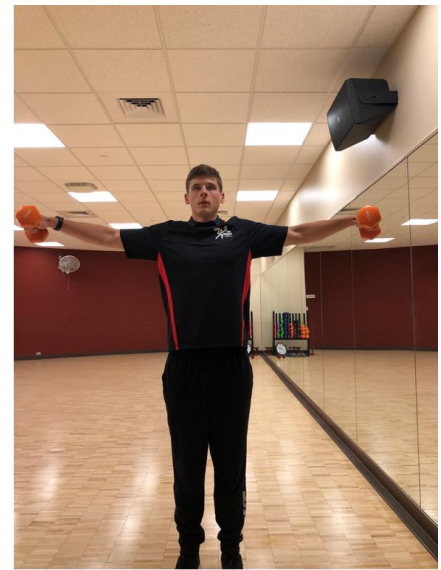
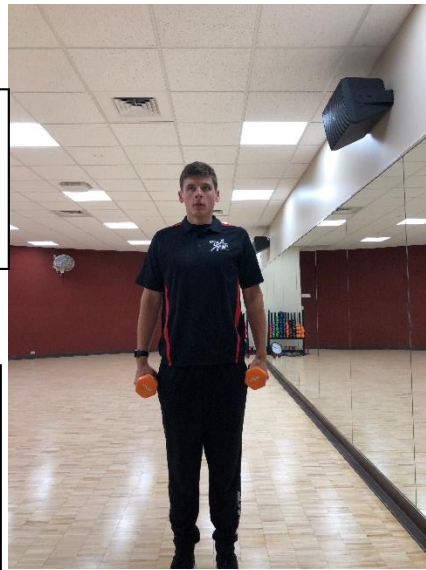
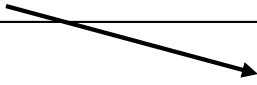
Wellness tip:

Doing a calf extension can be simple for some, change up the angle of your feet or try by doing it with one foot!



Side Lateral Raise

Muscles worked: Deltoids and trapezius.



The Burpee

Wellness tip:

Start the burpee by performing a squat, at the lowest point in the squat perform the pushup directly after. After the pushup you will do a squat to get you back up and ready and then ending with a jump!

