



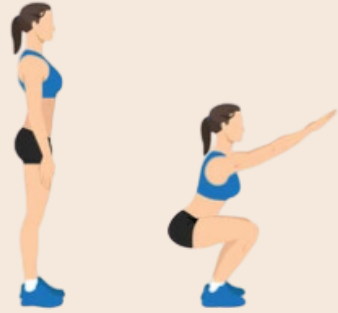
AT HOME STRENGTH WORKOUT

Complete 10 reps of each exercise resting 30 seconds between exercises. After completing all 8 exercises, rest for 2-3 minutes then repeat for 2-3 rounds.

1

SQUATS

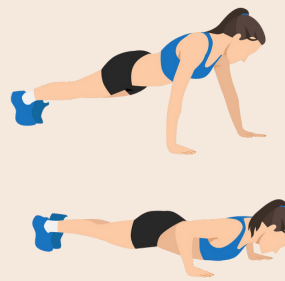
- Stand with your feet shoulder-width apart.
- Keep your back straight and chest up.
- Push your hips back as if you're sitting down, keeping your knees in line with your toes.
- Push through your heels to return to the starting position.



2

PUSH-UPS

- Start in a plank position with your hands placed slightly wider than shoulder-width apart.
- Keep your body in a straight line from head to heels.
- Lower your body by bending your elbows until your chest nearly touches the floor.
- Push back up to the starting position by straightening your arms.



3

PRONE T LIFT OFFS

- Lie face down with arms in a "T" position.
- Squeeze your shoulder blades together to lift your arms off the ground.
- Lower back down.



4

REVERSE LUNGES

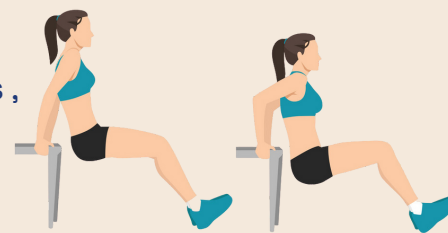
- Stand straight with feet together.
- Step backward with one foot.
- Lower your back knee until both knees are at about 90-degree angles.
- Push through the front heel to return to the starting position.
- Alternate legs and repeat.



5

TRICEP DIPS

- Sit on the edge of a chair or bench with hands placed next to your hips.
- Slide off the chair and straighten your arms, keeping your feet on the floor.
- Lower your body by bending your elbows to about 90 degrees.
- Push back up to the starting position using your triceps.



6

ALTERNATING LATERAL LUNGES

- Start standing with feet shoulder-width apart.
- Take a wide step to the side, bending one knee while keeping the other leg straight keeping your toes pointed forward.
- Send your hips back toward the bent knee.
- Push back to the starting position and repeat on the other side.
- Continue alternating sides.



7

SINGLE-LEG CALF RAISES

- Stand on one leg, and hold onto a wall or chair for balance.
- Rise onto the ball of your foot slowly, going as high as possible.
- Slowly lower your heel until it touches the ground.
- Repeat, then switch legs.



8

BICYCLE CRUNCHES

- Lie on your back, hands behind your head, and knees lifted.
- Push your lower back into the floor as you bring one elbow towards the opposite knee, straightening the other leg.
- Alternate sides by cycling your legs in a pedaling motion while slowly rotating your torso as a controlled movement.

