

# **BASIC BODY WORKOUTS**

*Level:* Beginner  
*Equipment:* Step Box, 2 dumbbells  
Exercise mat (optional)

These fitness routines target the major muscle groups in the body. Each exercise can be modified to meet the needs of beginner, intermediate, and advanced workout routines if desired. Most of these do not require any equipment and can be performed in a fitness facility or in the home.

## **“SUPERMAN” CORE EXERCISE**

Lie on stomach with legs and arms extended (arms overhead and legs behind the body). Slowly inhale and exhale for one cleansing breath. Inhale and then with the next exhale, contract the abdominal muscles (core) while simultaneously raising the legs and arms off the floor. Keep the forehead on floor to prevent the back from arching. Hold for two slow and controlled breaths, in and out. After last exhale, slowly inhale as the arms and legs are lowered to the floor, but keep the core abdominal muscles tight.

Do 3 sets of 5 with a brief cleansing breath between each repetition. Increase hold time as the pose becomes easier (up to 4 or 5 full breath cycles).



## **DUMBBELL STEP-UPS**

*Equipment:* step box/platform and 2 dumbbells

*\*\*\* This is not an upper body exercise so the dumbbells should be light weight*

Stand in front of the step box with the feet apart (hip width), holding one dumbbell in each hand. Refrain from “scrunching” your shoulders during this exercise. To avoid this, slowly pull shoulders up toward the neck and roll backward and down to relax the shoulder blades. Do this occasionally during the exercise to check your posture.

Begin by stepping up with your right foot (leading foot). Place all of the body weight on the leading foot and bring the trailing foot (left foot) up to the platform to briefly rest next to the leading foot. Briefly shift the weight of the body into the left foot and step off the platform with the right foot. Return to starting position and repeat.

Do 10 repetitions for each side (left and right) to complete one set.  
Complete 3 sets.  
Increase number of sets over time.

## **PUSH-UPS / BENT-KNEE PUSH-UPS**

### *TRADITIONAL PUSH-UPS*

While kneeling on the floor or exercise mat position the hands shoulder-width apart and directly beneath the shoulders. Position the body to fully extend the legs, with the ball of the foot on the floor. The body should be fully aligned from the head to the foot in a linear position. Do not allow to head to hang or the back to arch. Keeping the spine and core activated will help keep the body aligned.

Slowly lower the body toward the floor while maintaining a contracted torso and straight legs. Allow elbows to “bow” outward and away from the body as you lower chest to the floor (lowering phase). Press up with the arm muscles, keeping the spine and core muscles tight and fully extend the elbows to return to starting position.

### *BENT-KNEE PUSH-UPS*

Position the body in the same way as a traditional push-up with the exception of the lower limbs. While in the kneeling position, keep the feet behind the body and bring feet together (instead of pushing up onto the ball of the foot). Correct posture and body alignment are just as important in a bent-knee push-up. Maintain an erect torso and continue with the same movements to lower and raise the body.

Do 2 sets of 15 repetitions, increasing the number of sets over time



If I can do it, so can you!!