

The background features a vibrant, abstract design with various shapes and patterns. At the top, there are diagonal lines in shades of green and blue, and a row of teal dots. A large, flowing shape in dark blue, teal, and yellow dominates the right side. The bottom left corner has a dark blue area with white diagonal lines and a yellow shape. The bottom right has a row of teal dots and a green circle. The overall aesthetic is modern and energetic.

IMPACT
at HOME

ACTIVITY CARDS

RULES & GAMEPLAY

Flexibility: Sounds like a stretch! 2 points for being bendy!

Mindfulness: Me oh my! 3 points is worth a try!

Cardio: Get up and go with some cardio! 4 points in honor of the 4 chambers of your heart!

Strength: What kind of award do you get for building strong muscles? “A trophy” and 3 points!

Buddy: 4 points for double the trouble! 5 points for teaming up with a parent or guardian!



STRENGTH

Seatbelt Crunch

STRENGTH

INSTRUCTIONS

1. Lay flat on back with legs straight in front and arms over head.
2. Pretend that you are putting on a seatbelt on and roll up, keeping legs glued to the floor on ground.
3. Click your seatbelt on side 25 times and then rotate to click your seatbelt 25 times on the opposite side. Take your time and count to 8 on your roll-up.

The background is a vibrant, abstract composition of various shades of orange and brown. It features large, overlapping organic shapes, smaller circles, and patterns of parallel lines and dots. The overall aesthetic is modern and energetic.

STRENGTH

Shoulder ABCs

STRENGTH

INSTRUCTIONS

1. Start by filling a gallon-sized plastic bag with water about half-way.
2. Stand in a relaxed position holding onto the top of the plastic bag with your right hand.
3. Raise your right arm in front of your body to shoulder level and trace the letters of the alphabet.
4. Relax, switch arms, and complete this sequence 2 times per arm.
5. If the bag is too light/heavy, then add more/less water.

The background is a vibrant, abstract composition of organic shapes in various shades of orange and brown. It features a central large, overlapping shape in a medium brown tone. Surrounding this are smaller, more fluid shapes in lighter and darker oranges. Scattered throughout are decorative elements: small solid circles, larger circles with white outlines, and clusters of tiny dots. Some areas contain parallel diagonal lines, creating a textured effect. The overall aesthetic is modern and energetic.

STRENGTH

Tummy Ball Squeeze

STRENGTH

INSTRUCTIONS

1. Start by laying on your stomach with a soccer ball or basketball.
2. Place the ball between your feet, bend your knees to 90 degrees, and then squeeze the ball between your feet.
3. Hold this position for 10 seconds, relax, and repeat this sequence 10 times.

STRENGTH

Hershey Kiss Push-Up

STRENGTH

INSTRUCTIONS

1. Start in a push-up position with hands shoulder-width apart and straight out behind the body. Modification can be being on knees.
2. Make a triangle (like a small Hershey Kiss) with hands, where index fingers and thumbs touch, under your chest.
3. Try and touch your chest to your Hershey Kiss as many times as you can for one minute.

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STRENGTH

Water Bag Rotations

STRENGTH

INSTRUCTIONS

1. Start by filling 2-gallon sized plastic bag with water about half-way.
2. Stand shoulder width apart with your elbows tucked into your body and flexed to 90 degrees, holding a plastic bag in each hand.
3. Keeping your elbows tucked in and flexed, rotate your arms out slightly and then back in. You should feel this in your shoulders.
4. Do this 10 times per set for 3 total sets.
5. If the bags are too light/heavy, then add more/less water.



STRENGTH

Horizontal Shoulder Abduction with Weight

STRENGTH

INSTRUCTIONS

1. Start by filling a gallon-sized plastic bag with water about half-way.
2. Stand shoulder width apart, your right arm raised in front of your body at shoulder level, with your hand grasping the top of the plastic bag.
3. While holding the plastic bag, move your arm out the side away from your body and then back to where you began.
4. Repeat this for 3 sets of 10 to each arm.
5. If the bag is too light/heavy, then add more/less water.

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STRENGTH

Hip Hikes

STRENGTH

INSTRUCTIONS

1. Start by standing on the edge of a step with your left leg balancing and the right foot hanging off the edge.
2. Raise your right hip to raise your right foot off the ground and then lower it back down.
3. Repeat this 10 times and then switch legs.
4. Make sure to keep the rest of your body straight and relaxed. Your hip should be doing all the work!

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STRENGTH

Runner's Pose

STRENGTH

INSTRUCTIONS

1. Start by standing next to a wall in a relaxed position with a basketball or soccer ball.
2. Bend your knee to 90 degrees like you're posing like a runner, and place the ball between your knee and the wall.
3. Press your knee against the wall and hold this position for 15 seconds.
4. Relax, switch legs, and repeat this 3 times per leg.

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STRENGTH

**Squash
the Apple**

STRENGTH

INSTRUCTIONS

1. Start in a relaxed standing position with a baseball or tennis ball. This will act as the apple!
2. Raise one arm to the side at shoulder level and place the ball at the elbow between your bicep and forearm.
3. Flex your elbow so that you squeeze the ball between your forearm and bicep like you are trying to squash an apple!
4. Hold this position for 5-7 seconds, relax, and switch arms.
5. Repeat 2-3 times for each arm.

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STRENGTH

**Core
Chargers**

STRENGTH

INSTRUCTIONS

1. Lay on your back with feet straight and extended and both hands under your bottom.
2. Glue your feet together with toes touching.
3. Bend your legs and bring knees to your chest while keeping back flat on the ground and hands still under your bottom.
4. Extend legs back to straight and hover as close to the ground as possible, without arching your back.
5. Repeat sequence 50 times.

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STRENGTH

**Plank
Pop-Up**

STRENGTH

INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders, core tight, and feet together.
2. Keep your arms straight and pop your feet to your right side by bending your knees and driving them toward your chest.
3. Return back to center.
4. Keep your arms straight and pop your feet to your left side by bending your knees and driving them toward your chest.
5. Repeat 25 times on each side!

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STRENGTH

Coyote Crawl

STRENGTH

INSTRUCTIONS

1. Start in a push-up position with hands shoulder-width apart and straight out behind the body.
2. Push the toes of the left foot into the floor while squeezing the right thigh and glute.
3. Move the left hand and the right leg forward to start crawling.
4. Alternate the arm and leg movements while keeping your back straight.
5. Crawl at desired pace and challenge a family member.



STRENGTH

Oh My Gosh

STRENGTH

INSTRUCTIONS

1. With feet together and hands to the ceiling, jump up towards the sky (OH).
2. Place hands on the ground and jump feet out into a plank (MY).
3. Pop back into starting position (GOSH).
4. Repeat 30 times.



STRENGTH

**Wall Knee
Drives
with Ball**

STRENGTH

INSTRUCTIONS

1. Start by facing in front of a wall in a relaxed position with a basketball or soccer ball.
2. Bend your knee to 90 degrees and place the ball between your knee and the wall.
3. Drive your knee against the ball into the wall and hold this position for 15 seconds.
4. Relax, switch legs, and repeat this 3 times per leg.

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STRENGTH

**Squash the
Watermelon**

STRENGTH

INSTRUCTIONS

1. Start by sitting in a chair in an upright position with a soccer ball or basketball in between your knees. This will act as your watermelon.
2. Press your knees together like you are trying to squash the watermelon!
3. Hold this position for 15 seconds and then relax.
4. Repeat this 5 times.

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STRENGTH

**Floor
Cleaners**

STRENGTH

INSTRUCTIONS

1. Using 2 washcloths, place under feet or hands.
2. Get into a plank position and see how many ways you can “clean the floor.”
3. Hold the plank and wipe feet:
 - Up towards a pike position
 - With legs together to both right and left side
 - In little circles



STRENGTH

**Shoulder
Abduction
with Weight**

STRENGTH

INSTRUCTIONS

1. Start by filling a gallon sized plastic bag with water about half-way.
2. Stand shoulder width apart, your right arm relaxed at your side with your hand grasping the top of the plastic bag.
3. While holding the plastic bag, raise your right arm up away from your body to shoulder level and then back down to where you began.
4. Repeat this for 3 sets of 10 to each arm.
5. If the bag is too heavy/light, then add more/less water.

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STRENGTH

**Catcher's
Waddle**

STRENGTH

INSTRUCTIONS

1. You are a Major League Baseball catcher!
2. Get into your catcher's stance with your imaginary glove in front of you.
3. Walk in a catcher's squat position for one minute.
4. Repeat 3 times and grab a friend to join you.

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STRENGTH

**Down, Down,
Up, Up**

STRENGTH

INSTRUCTIONS

1. Find a carpeted or grassy area.
2. Start in a squat position with your hands behind your head.
3. Take your right knee down to the floor, and then left knee down to the floor.
4. From your knees, bring your right knee up, then left knee up to come back to standing.
5. Repeat as fast as you can and switch from starting from right to left!



STRENGTH

Clam Shells

STRENGTH

INSTRUCTIONS

1. Lie on your side with your hips and shoulders in a straight line. Bend your knees so that your thighs are in a 90-degree angle.
2. Rest your head on your top arm as it is stretched out. Place other arm on the floor to lock in the clam position. Your toes on both feet are connected.
3. Keeping big toes together, inhale and open your hip socket so the top knee is off your other knee.
4. Exhale and return knees back to touching, while keeping big toes connected.

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STRENGTH

Gas Pedals

STRENGTH

INSTRUCTIONS

1. Start by finding a soccer ball or basketball and deflate it a little.
2. Sit in a chair in a relaxed position with your right foot flexed upwards so that only your heel is touching the ground.
3. Place the ball in between the bottom of your foot and the ground.
4. Press your foot downward against the ball like you are pressing the gas pedal of a car and then bring your foot back up.
5. Repeat this 25 times and then switch feet.
6. Complete 2 times per foot.



STRENGTH

Chest Fly Pulses

STRENGTH

INSTRUCTIONS

1. Start by filling 2 gallon-sized plastic bags with water about half-way.
2. Lay on your back on a bed with your arms pointed straight up towards the ceiling, holding a bag in each hand.
3. Slightly bend your elbows and slowly move your hands away from each other towards the ground.
4. Go down about halfway and then pulse for 30 repetitions. Bring your hands back towards each other.
5. Repeat this motion for 10 sets.

The background is a vibrant, abstract composition of organic shapes in various shades of orange and brown. These shapes overlap and flow across the page. Interspersed among these forms are several decorative elements: small solid dots, larger hollow circles, and areas filled with fine, parallel lines. The overall aesthetic is modern and rhythmic.

STRENGTH

Ballet Pulses

STRENGTH

INSTRUCTIONS

1. Channel your inner ballerina!
2. Place both hands on the back of your chair for balance and stand upright with feet together.
3. Lift right leg behind you with leg straight and no bend in your hip.
4. Turn your foot “out” so your heel is facing the left leg.
5. Pulse your leg up towards the sky while keeping it straight, toe pointed and in the “turned out position.”
6. Complete 50 pulses and repeat on left side.

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STRENGTH

Side Leg Lifts

STRENGTH

INSTRUCTIONS

1. Start by laying on your side with your legs stacked on top of each other.
2. Slowly raise your top leg up towards the sky and then back down.
3. Complete 10 repetitions and then switch legs.
4. Complete 3 sets per leg.
5. For added challenge, tape a bag of water to the top leg for some added weight!

The background is a vibrant, abstract composition of various orange and brown tones. It features large, overlapping organic shapes, smaller solid circles, and patterns of horizontal and vertical lines. The overall aesthetic is modern and energetic.

STRENGTH

**Shoulder
Press**

STRENGTH

INSTRUCTIONS

1. Fill a backpack or bag that closes with objects from around the house.
2. Using both arms, hold the bottom of the bag like you are holding a bag of flour.
3. Stand with feet hip-width apart, knees slightly bent, and core tight.
4. Push the backpack overhead and in front of your face until arms are completely straight.
5. Repeat as many times as possible.

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STRENGTH

Shoulder Fours

STRENGTH

INSTRUCTIONS

1. Start with legs hip-width apart, a slight bend in knees, and arms next to sides.
2. Raise arms to make a “4” position. This means keeping left arm straight and right arm bent to have your fist touching your collarbone.
3. Raise arms in rotating “4” positions right and left 25 times each. Come back to starting position in between each raise.

BONUS: For an added challenge, fill two half-gallon jugs with water and hold them while raising into the “4” position.

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STRENGTH

Chest Flys

STRENGTH

INSTRUCTIONS

1. Start by filling 2 gallon-sized plastic bags with water about half-way.
2. Lay on your back on a bed with your arms pointed straight up towards the ceiling, holding a bag in each hand.
3. Slightly bend your elbows and slowly move your hands away from each other towards the ground.
4. Go down about halfway and then bring your hands back towards each other.
5. Repeat this motion 10 times for 3 sets.

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STRENGTH

Prayer Pulse

STRENGTH

INSTRUCTIONS

1. Place hands together as if giving yourself a high five.
2. Lock your elbows and forearms together in front of your face.
3. For 2-3 minutes, drive your hands upward in little pulses while remaining in the locked position.

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STRENGTH

Hip ABCs

STRENGTH

INSTRUCTIONS

1. Start by laying on your right side with your legs stacked together.
2. Raise your right leg up and back slightly. Use this leg to trace the letters of the alphabet. You should feel this in your right hip.
3. Relax, flip over to other side, and complete this using the other leg.
4. Complete 2 times per side.

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STRENGTH

Goblet Squat

STRENGTH

INSTRUCTIONS

1. Fill up a backpack or bag with heavy objects from around the house.
2. Hold the backpack close and centered on your chest. Stand with feet hip-width apart and toes pointed outward.
3. Keeping your back straight with weight in heels, lower into a squat. Pause when your thighs are parallel to the ground.
4. Repeat 50 times.

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STRENGTH

Monster Walks

STRENGTH

INSTRUCTIONS

1. Start with your feet shoulder width apart and in squat position (legs at a right angle and back straight).
2. Staying in your squat position, step diagonally 3 feet to the right and regather your feet.
3. Now step diagonally 3 feet to the left and regather your feet.
4. Repeat this 5 times to the left and right and this will be 1 set.
5. Complete 3 steps.
6. Feel free to have your arms in the air and claws out like a monster!

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STRENGTH

London Bridges

STRENGTH

INSTRUCTIONS

1. Start by laying with your back flat on the ground, knees bent, and feet flat on the ground.
2. Using your legs to help you, raise your tummy to the sky so that your body forms a bridge.
3. With your tummies in the sky, hold your position for 3-5 seconds, keeping your tummy tight.
4. Lower yourself back to the ground and repeat this 10 times.

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STRENGTH

Shoulder Push- Up

STRENGTH

INSTRUCTIONS

1. Get into standard push-up position with your hands wider than shoulder-width apart and elbows locked.
2. Drive your hips towards the ceiling into a Downward Dog position, making an upside-down “V” with your body.
3. Slowly lower your head towards the ground by bending your arms like a football goal post position.
4. Repeat as many times as possible while keeping good form.

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STRENGTH

Bear Crawl

STRENGTH

INSTRUCTIONS

1. Start in a push-up position with hands shoulder-width apart and straight out behind the body.
2. Push the toes of the left foot into the floor while squeezing the right thigh and glute.
3. Move the left hand and the right leg forward to start crawling.
4. Alternate the arm and leg movements while keeping back straight.
5. Crawl at desired pace and challenge a family member.

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STRENGTH

Plank Hops

STRENGTH

INSTRUCTIONS

1. Start in plank position with hands under shoulders and knees either down or up.
2. Take turns hopping your knees into chest, while keeping knees together and back flat.
3. Repeat 25 times on each side.

BONUS: Add a challenge by hopping side to side.

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STRENGTH

Push Downs

STRENGTH

INSTRUCTIONS

1. Stand with legs wider than shoulders and arms extended straight out past your sides.
2. With palms facing backward, gently push palms behind your back, while maintaining the wide stance and straight arms.
3. Gently pulse in this motion for 1 minute and add resistance by pretending you're pushing through water.



STRENGTH

Blast-Off Lunges

STRENGTH

INSTRUCTIONS

1. Get into a lunge position with left leg forward, hips underneath you, and right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the ground.
3. Immediately “blast off” by hopping upwards and into next lunge position with right leg forward and left leg behind.
4. If needed, instead of jumping into the next lunge position, jump with feet together and then bounce into lunge position.
5. Repeat as many rounds as possible.

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STRENGTH

Witches' Brew

STRENGTH

INSTRUCTIONS

1. You are making a secret potion with your family, but your stirring stick is too small!
2. You have to lunge forward to stir the huge pot with two hands, but not too close because you don't want to get burned!
3. Lunge 10 times with right foot in front as close as 90 degrees as possible and left knee bent enough to touch the ground. Switch and lunge 10 times with left foot in front and right knee in back.
4. Keep your back straight and chin up - you don't want to get burned! Repeat 3 sets in order for the potion to be ready.

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STRENGTH

**Fishhook
Crunch**

STRENGTH

INSTRUCTIONS

1. Lay flat on back with knees bent and heels drilled into the floor.
2. Place hands in line with your temples.
3. Peel shoulders, upper and middle back off the floor. Keep your lower back glued to the floor.
4. Pretend to have a fishhook pulling you by your belly button, and then slowly roll each part of your back down.
5. Repeat 25 times. The slower the better!

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STRENGTH

Robot Curls

STRENGTH

INSTRUCTIONS

1. Find 2 closable containers, like cans, bags, or jugs, and fill them with water.
2. Hold 1 object in each hand, with palms facing each other like robot arms and with elbows tucked in and touching your sides.
3. Raise both objects towards your shoulders while counting to 3 and lower back to starting position counting back down.
4. Repeat 30 robot curls.

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STRENGTH

Kickbacks

STRENGTH

INSTRUCTIONS

1. Start on all fours with your knees under hips and your hands under your shoulders.
2. Lift your right leg straight behind you while keeping your foot flexed and toes facing towards the floor.
3. Return back to starting position by bending your leg. Lift on left side.
4. Repeat 50 times on each side and keep your core tight.



STRENGTH

**Pizza Pie
Curls**

STRENGTH

INSTRUCTIONS

1. Find 2 closable containers, like cans, bags, or jugs, and fill them with water.
2. Hold 1 object in each hand, with elbows tucked in and touching your sides, and palms facing towards the sky.
3. Raise both objects towards your shoulders, like you are throwing a pizza pie towards your face.
4. Lower back to starting position.
5. Repeat 30 pizza pie curls.



STRENGTH

**Straight Arm
Bent Over Row**

STRENGTH

INSTRUCTIONS

1. Bend over with back flat, knees with a slight bend, and one hand on a surface for balance.
2. Using a 29 oz. (1 pound) can in opposite hand, keep arm straight and raise can towards shoulder blade.
3. Raise 15 times for 4 rounds.

Bonus: Count to 4 for the raise upwards, and count to 4 for the descend down.

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STRENGTH

**Airplane
Lunge**

STRENGTH

INSTRUCTIONS

1. Starting with your right toes touching your left heels, create a space about 6 inches apart.
2. Make airplane arms for balance.
3. Slowing counting down to ten, bend left knee to touch floor in this narrow lunge. Your left knee should glide and be in line with your right ankle.
4. Counting up to ten, rise back up to standing.
5. Repeat 25 times on each side. Slow and steady win the race!



STRENGTH

Whack-A-Mole Curls

STRENGTH

INSTRUCTIONS

1. Find 2 closable containers, like cans, bags, or jugs, and fill them with water.
2. Hold 1 object in each hand, with elbows tucked in and touching your sides, and palms down towards the ground.
3. Raise both objects towards your shoulders, like you are surprised.
4. Lower back to starting position like you are hitting a whack-a-mole.
5. Repeat 30 whack-a-mole curls.

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STRENGTH

Couch Bridge

STRENGTH

INSTRUCTIONS

1. Laying on the ground with your bottom close to the couch, place both heels on the couch cushion, leaving a little space between your knees.
2. Counting to 10, raise your bottom off the ground, pushing your heels into the couch. Rise as far as possible while keeping your back straight.
3. Counting back down to 0, lower bottom back to floor.
4. Repeat 20 times.

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STRENGTH

**Bicycle
Crunch**

STRENGTH

INSTRUCTIONS

1. Start by lying on the ground with lower back pressed flat into floor and shoulders raised slightly above it.
2. Place hands behind head, lift one leg just above the ground, and extend it out.
3. Lift the other leg and bend your knee towards chest. As you do, twist your core so that the opposite arm comes towards the raised knee, keeping core flat.
4. Lower your leg and arm at the same time. Repeat on the other side.
5. Complete 50 rounds on each side.

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STRENGTH

**Superman
Double Punch**

STRENGTH

INSTRUCTIONS

1. Lay on your stomach with arms extended over head.
2. Lift your sternum and legs up into the air while keeping your chin down.
3. Bend arms into a football goal post by making an “L” with both arms.
4. Holding this position for 10 seconds, “punch” in front of you 5 times.
5. Release down to your stomach and repeat sequence 10 times.

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STRENGTH

Fire Hydrants

STRENGTH

INSTRUCTIONS

1. Start on on all fours, with knees under hips and arms under shoulders.
2. Lift your right leg in up towards the side, keeping knee bent. Raise until your knee reaches hip height.
3. Lower back to the starting position, hovering your knee above the ground until your knees touch.
4. Repeat 25 times on each side.

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STRENGTH

Long Legs

STRENGTH

INSTRUCTIONS

1. Stand tall with feet hip-width distance apart.
2. Bend your left knee as you push hips back. Your right leg will stand straight with toes facing forward.
3. Push off your left leg to return to standing. Add a calf raise once you have returned to starting position.
4. Repeat on left side. Complete 25 sets on each side. Repeat 3 times.

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STRENGTH

**Good
Morning**

STRENGTH

INSTRUCTIONS

1. Stand with feet hip-width apart, both hands clasped behind you, and your legs straight.
2. With weight in both of your heels and your back flat, lower your chest by hinging at your hips.
3. Lower as much as you can while keeping your legs straight and back flat.
4. Complete 3 sets of 10.

Bonus: Learn how to say “Good Morning” in three different languages.

STRENGTH

Ceiling Smashers

STRENGTH

INSTRUCTIONS

1. Get into a quadruped position with hands on the floor under your shoulders and knees touching the floor but aligned under your hips.
2. Raise your right leg to have your right foot facing up toward the ceiling. Your knee is still parallel to the floor.
3. Complete 25 “ceiling smashers” by pulsing your foot up towards the ceiling. Switch to the other side. Complete 5 rounds on each side.

The background is a vibrant composition of abstract shapes in various shades of orange and brown. It features overlapping organic forms, circular patterns, and geometric motifs like grids of dots and diagonal stripes. The overall aesthetic is modern and energetic.

STRENGTH

Banana Boats

STRENGTH

INSTRUCTIONS

1. Get in a banana boat position by laying on the floor with legs together, arms extended overhead, and belly button pulled in toward spine.
2. Keep head between arms and extend your arms over your head, in line with your ears.
3. Slowly raise upper body and legs off floor to form a baby banana position and hold for a few seconds.
4. Rest and then repeat as many times as possible!

The background is a vibrant, abstract composition of various shades of orange and brown. It features large, overlapping organic shapes, smaller circles, and patterns of parallel lines and dots. The overall aesthetic is modern and energetic.

STRENGTH

Curtsy Lunge

STRENGTH

INSTRUCTIONS

1. Stand with your feet hip-distance apart and let your arms fall at your sides.
2. Draw a semicircle with your right foot, moving it clockwise until it crosses behind your left foot. Keep your right toe tucked and clasp your hands together at your heart.
3. Lunge down as deeply as possible, hovering your knee a couple of inches off the floor.
4. Slowly return to the standing curtsy position.
5. Repeat the lunge on the other side.

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STRENGTH

Leg Deadlift

STRENGTH

INSTRUCTIONS

1. Start with standing hip-width apart.
2. Lean forward in your hips, shifting your weight onto one leg and your other leg starts to extend straight behind you.
3. Lift the extended leg and lean forward until your body into a “T” shape and arms hanging.
4. Try keeping a slight bend in your standing leg and hover over in this “T” position for 10 seconds. Keep weight in standing foot and spread toes apart to keep balance. Repeat sequence 10 times.
5. Repeat on other side.

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STRENGTH

Leg Raises

STRENGTH

INSTRUCTIONS

1. Lay flat on back with both hands flat and tucked under your bum. Your heels, knees and legs should be touching together.
2. Lift them all the way to ceiling until your bum raises just a few inches off the ground. Press your palms into floor for support.
3. Slowly lower legs back down until they're just above the floor. Hold for a moment. Repeat ten repetitions for three sets.

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STRENGTH

Single Chest Press

STRENGTH

INSTRUCTIONS

1. Lay flat on back with legs bent and feet flat on the floor.
2. Raise arms straight above your chest in the air.
3. Pretend that you are immersed in water and take turns lowering one arm at a time, in a bent “football goal post” position, to touch triceps to the ground.
4. Complete 40 rounds on each side before switching to the other.

Bonus: Create your own resistance or use ankle weights on your wrists for an added challenge.

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STRENGTH

Commandos

STRENGTH

INSTRUCTIONS

1. Get into a plank position with hands screwed under shoulders and arms straight. You can be on your knees or on toes.
2. Rotate going from two straight arms to one forearm down, then the other forearm down, to one arm back up, and then the other arm follows.
3. Take turns with starting between your right and left arm. Complete 25 sets and see how many you can complete in 2 minutes.



STRENGTH

Pile Squat

STRENGTH

INSTRUCTIONS

1. Start in a sumo squat position, with legs wider than hips. Have your toes point outward with feet flat on the ground.
2. While remaining in a deep squat, rotate pulses with one heel off the ground, but keep your toe connected to the floor.
3. Pulse down deeper into the squat and keep chest tall and proud. Hands can be on hips.
4. Pulse with right heel up 25 times and switch. Complete 6 sets of 25 pulses.

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STRENGTH

Pocket Plank

STRENGTH

INSTRUCTIONS

1. Get into a plank position with hands screwed under shoulders and arms straight. You can be on your knees or on toes.
2. Move your fist to your hip bone, like you're checking something in your front pocket, while keeping the other arm straight. Keep your hip bones facing the floor. Your triceps should be facing the ceiling, and you want to keep your "pocket checking" arm close to your body.
3. Repeat 20 times on each side and don't let your hips dip!

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STRENGTH

Boulder Slams

STRENGTH

INSTRUCTIONS

1. Kneel with legs shoulder-width apart.
2. Pretend to pick up a heavy boulder with both hands and lift it above your head.
3. With all of your force, throw the boulder down right in front of you, pushing your hips back on the release.
4. Complete this for 1 minute with 1 minute of rest, 3 times.

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STRENGTH

Kayak

STRENGTH

INSTRUCTIONS

1. Using a kitchen towel, hold the two ends tight at if you're stretching a rubber band.
2. Sit on your bottom, with chest upright and feet planted on ground. Twisting to the side of your hips back corners, left and right, while keeping the towel pulled tight.

Bonus: Imagine a box around you. Try this kayak motion in a standing position by keeping feet, toes and heels together and jumping from corner to corner.

Bonus: Lift feet off the ground.