



ALWAYS HERE FOR OUR COMMUNITY

FAMILY STRENGTH CHALLENGES



PLANKS

You have a choice of full extension of your arms or elbow planks. (For elbow plank, your elbows should be directly beneath your shoulders, (For full arm plank, place your palms down shoulder width apart), contract your core- your body should form a straight line from your head to your feet. Push through your heels and gaze a few inches in front of your hands. Hold this position for 30 to 60 seconds at a time. Planks strengthen your abdominals, back and shoulders.

To modify you can bend your knees or raise the top of your



SIDE PLANKS

Lie on your side stacking your hips. Brace your core and bend your elbow pushing yourself up. Keep your elbow in line under your shoulder. Hold for up to 30 seconds, then switch sides.

For more challenge straighten your bottom arm keeping it in line under your shoulder. You can either keep top arm on your hip or lift your arm towards the ceiling.



BRIDGES

Lie on the floor with knees bent and feet flat on the floor hip width apart. As you exhale, beginning from your tailbone roll your torso up into a neutral spine. Engage your core while squeezing your buttox and inner thighs together (with out letting your legs touch). Hold this position for 30 seconds at a time. Beginning at the top of your spine roll back to the floor vertebrae by vertebrae, disc by disc.

For greater inner thigh engagement, hold a ball, block or pillow between your thighs.



SIT-UPS

Lie on the floor with your knees bent feet flat on the floor. You can take turns holding each others feet. Bend your elbows and place your hands behind your head. As you exhale moving your head, neck and shoulders in one unit roll up. Exhale and return by rolling down onto the floor. Repeat rotating to the left. Complete in sets of 8-10.



OBLIQUE SIT-UPS

Lie on the floor with your knees bent feet flat on the floor. You can take turns holding each others feet. Bend your elbows and place your hands behind your head. As you exhale moving your head, neck and shoulders in one unit roll up and rotate to the right.. Exhale and return by rolling down onto the floor. Repeat rotating to the left. Complete in sets of 8-10 then switch places.



SQUATS TO CALF RAISE

Stand tall with your feet shoulder width apart, lift your arms for balance as you bend your knees and lower into a squat with your knees behind your toes. Push through your feet to lift and roll up onto the balls of your feet, then lower your heels back to the floor. Perform 50 reps at a time.



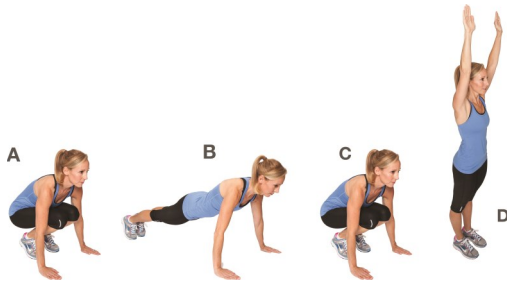
MOUNTAIN CLIMBERS

Begin as if you are in a plank position. Keep your hands down and run your feet. Do this for 20-30 seconds.



DEAD BUG

Lie flat on your back and bring your legs up so your knees are bent at 90 degree angles, your arms are in front of you on your knees. Slowly lower your right arm and left leg at the same time, exhaling as you go. Keep going until your arm and leg are just above the floor, being careful not to raise your back off the ground. Then slowly return to the starting position And repeat with the opposite sides. Perform 10 on each side.



BURPEES

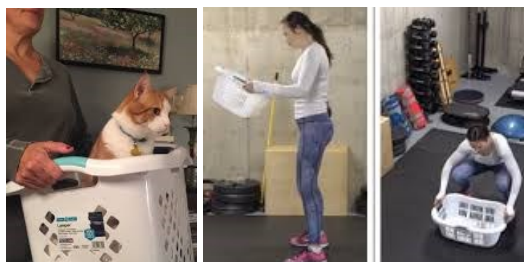
Begin standing with your feet shoulder-width apart, lower into a squatting position, placing your hands on the floor in front of you. Kick or walk your feet back so you are in a plank position. Keeping your hands firmly on the ground to support your body. Lower yourself to do a push-up. Come back up and kick or walk your feet back into a plank position. Stand or jump back up. Perform these for 20 seconds at a time.

For modification perform slowly, one leg at a time stepping back and returning into a squat.



OPPOSITE ARM TO OPPOSITE LEG LIFT

Come onto all fours on the floor with you palms down and shoulder width apart, and your knees under your hips. Looking towards the floor raise one arm and the opposite leg up. Focus on extending your limbs in opposing directions. Return to the floor and raise the other arm and opposite leg. Each side counts as one rep. Perform 10-12 reps on each



WALKING SIDE SQUATS

Stand tall with your feet shoulder width apart and arms straight out in front. Step to your left side and bend your knees to squat, keep them behind your toes as if you are sitting back in an imaginary chair. Looking forward try to squat until your thighs are parallel to the floor or to the point where you can no longer maintain a flat back. Press through your heels to return to standing, bringing your right leg in, so your legs are shoulder width apart. Step to the left side and repeat. Repeat by stepping to the right side. Take 20 steps to each side...

LAUNDRY BASKET SQUATS

Stand tall with your feet shoulder width apart and arms straight out in front holding your laundry basket. As you bend your knees to squat, keep them behind your toes as if you are sitting back in an imaginary chair. Looking forward try to squat until your thighs are parallel to the floor or to the point where you can no longer maintain a flat back. Press through your heels to return to standing. Perform 12.