

**WALL PUSH UPS**

Standing at a wall, place your arms out in front of you with your elbows straight so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time. □

Abdominals engaged and keep spine straight throughout exercise. □ □

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week

**ELASTIC BAND ROWS**

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body. □

Abdominal musculature engaged, do not lean back, weight should be neutral on your feet. □

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week

**PLANK - KNEES**

While lying face down, lift your body up on your elbows and knees. Try and maintain a straight spine. □

Push chest away from elbows and focus on keeping your abdominals very tight. □

Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 2 Times a Week





AIR SQUAT

Stand with feet shoulder width apart and toes pointed forward to slightly turned out. Bend knees and lower buttock towards floor keeping your back straight and bending at your hips. Allow your arms to raise up forward as you lower down and then return arms to side as you straight back up.

Your buttock should lower behind your feet as if you are going to sit on a chair. Emphasize your weight going through your heels.

For good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



CARDIOPULMONARY - WALKING IN PLACE WITH BICEP CURLS

Walk in place as you perform biceps curls with both arms. Continue this to build your endurance.

Duration 60 Seconds
Complete 2 Sets
Perform 2 Times a Week