

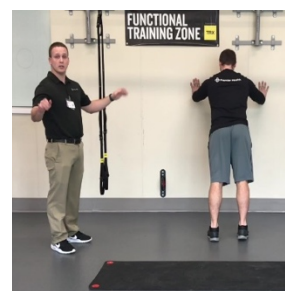
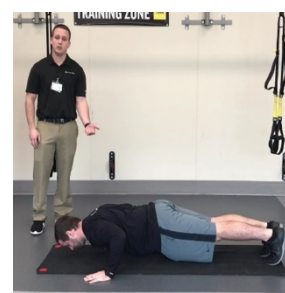
Home Exercises

Guidelines

- These are basic exercises for individuals to perform in their living space that do not require equipment and utilize items from home.
- These exercises are intended for healthy individuals. If any of these exercises endanger your health or wellbeing, do not perform them.
- These are meant to be used in conjunction with a rep and progression scheme. Start by performing these exercises 2 to 3 times a week with 2 sets of 10 repetitions each. Once they start to become easy, increase the repetitions to each exercise as necessary.
- These exercises should be performed in an open space and on a stable surface. Be sure to give yourself a few feet of space around you to safely perform these exercises.

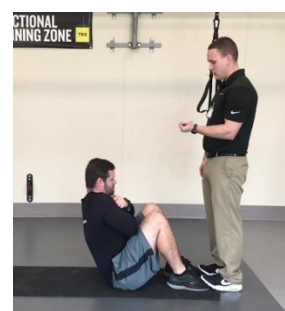
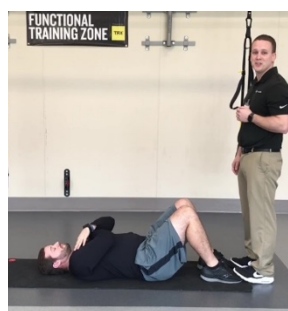
Exercise #1 – Pushups

- First, start by getting into a pushup position.
- Hands should be placed directly beneath your shoulders, keep your back and hips straight.
- Begin to lower yourself and once you're at a comfortable point, push yourself back up until you're back in the position you started in.
- You can modify this exercise by spreading your hands out slightly past your shoulders if the original placement is too difficult. You can also put your knees on the ground instead of being on your toes. You can also perform this standing up against a wall.
- Perform this exercise doing 2 sets of 10 repetitions.



Exercise #2 – Situps

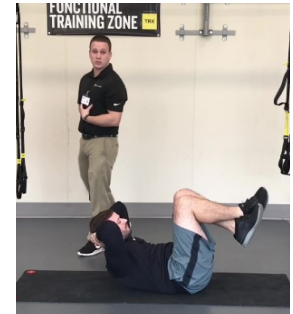
- First, start by laying on your back with your arms crossed in front of you.
- Bend your knees to a comfortable spot and, if necessary, you can have another person stand on your feet. You can also put them underneath your couch to anchor you down.
- Raise yourself towards your legs while keeping your back straight. Stop right when you reach a comfortable position.
- Slowly lower yourself back into the starting position.
- Perform this exercise doing 2 sets of 10 repetitions.



(Continued on next page)

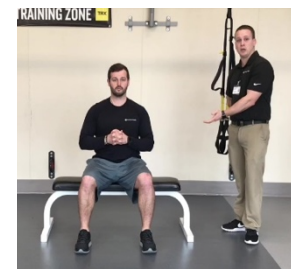
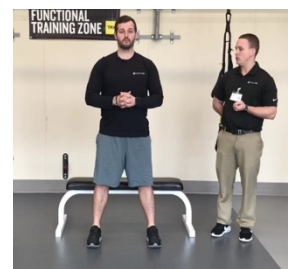
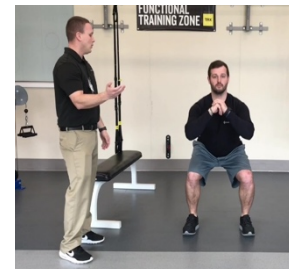
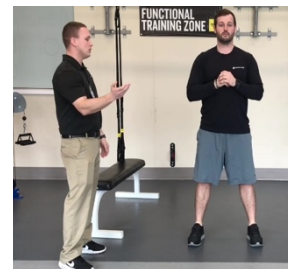
Exercise #3 – Crunches

- First, start by lying on your back.
- Bend your hips and knees to 90 degrees and cross your feet.
- Put your hands behind your head and lift yourself upward. Focus on keeping your neck straight. Avoid bending it forward.
- This exercise only requires a small amount of movement. Once you reach a comfortable spot, return to the starting position.
- You can modify this exercise by extending your knees and keeping your legs straight while performing the exercise.
- Perform this exercise doing 2 sets of 10 repetitions.



Exercise #4 – Squats

- First, start by standing straight in good posture with your feet placed shoulder width apart.
- Begin your squat by bending your hips backward, as if you were attempting to sit in a chair.
- Keep your chest “tall” and your back straight while keeping your arms out in front of you.
- Be sure to keep your knees behind your toes. Avoid letting your knees move forward too much because this causes a big strain on your knee joint.
- Don’t let your knees buckle inward.
- Once you’ve lowered yourself to a comfortable position, push from your heels back into a standing position.
- You can modify this exercise by placing a chair or piece of furniture underneath you for more stability and greater control of the movement.
- Perform this exercise doing 2 sets of 10 repetitions.



Exercise #5 – Lunges

- First, start in a standing position with your feet spread shoulder width apart.
- Begin your lunge by taking one foot and stepping directly in front of you.
- Bend your knees and stop at a comfortable position.
- Do not let your knees go past your toes.
- Keep your chest “tall” and back straight.
- Push through your heel and return to the standing position.
- You will alternate legs while performing this exercise.
- Perform this exercise doing 2 sets of 10 repetitions.

