



## 5 Exercises to Target Your Whole Body

(no gym required)

**Instructions:** To help prevent injury it's important to always complete a warm-up and cool-down routine before and after any exercise program. Warm-up and cool-down usually last about five minutes each.

**Warm-up:** Do any sort of activity that will elevate the heart rate slightly (walk, stationary bike, jump rope, jumping jacks (small hops), etc).

### Squat: Targets the glutes, hips, abs and thighs

**Optional:** Stand near a wall or chair (no wheels) to help with your balance if you need it.

Start with your feet slightly wider than hip distance apart, with your toes turned slightly out. Your hands can be behind your head or at your side. Roll your shoulders back and pinch your shoulder blades together.

Tighten your core to help stabilize your spine. Keeping your upper body tilted slightly up, shift your weight to your heels.

Shift your hips back as you shift your weight towards your heels, then bending your hip and knees simultaneously, inhale lower yourself towards the floor. Try to limit any forward movement while you lower yourself down. Imagine you are going down a wire that's attached to the ceiling. Maintain your core and keep your feet flat on the floor.

Continue to lower yourself until your thighs are parallel to the floor. (If you can't go this low, that's OK, lower yourself as far as you can).

Exhale, and control yourself as you lift yourself back up to the starting position.

Repeat 10 times for 2-3 sets.



### Side Lunge: Targets the hips and legs.

**Optional:** Stand near a wall or chair (no wheels) to help with your balance if you need it.

Start with your feet hip-width apart and facing forward. Place your hands on your hips or held out in front of you to help with balance throughout the exercise.

Tighten your core to help stabilize your spine. Inhale and slowly lift your right leg as you step to the right. Keep your weight over your heels as you go through the motion. Once your right foot has stepped to the right, bend at your hip, while keeping your upper body facing forward and sit back as your hip and right knee bend as low as you can go. If you can, try to go low enough so your knee is parallel with your right toes. Your left leg should be close to or at full extension and the majority of your weight is over your right leg.

Both heels should be flat on the floor.

Exhale, and maintain control as you push off the floor with your right leg and return to starting position. Repeat the movement with your left side.

Repeat 10 times (per leg) for 2-3 sets.



**Disclaimer:** FitBee Lifestyle develops and sells exercise programs and related material in the form of books, online programs and digital downloads and other related services, however we are not a medical organization and cannot provide you with any medical advice. It is strongly urged that you consult with your physician or primary health-care provider before starting any exercise plan. The exercises suggested by FitBee Lifestyle are designed to improve your health, but is not intended to treat any illness or disease. If you choose to follow any FitBee Lifestyle program without consulting your physician, you are doing so at your own risk.

We claim no responsibility for any injuries you might sustain. Exercises include descriptions to give you the information you need to be able to perform the exercises properly. It is your responsibility to warm up properly, perform each exercise correctly, and to decide whether or not you are capable of performing the exercise without sustaining injury.



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### Push-up: Targets the arms, chest and shoulders.

**Optional:** Perform this exercise on your knees or standing against a wall and pushing off. Place a towel or other cushion under your knees in this modified position.

Gently come down to the floor on your knees with your feet behind you. Bend forward and place your hands on the floor, shoulder-width apart and align your palms so there is a straight line going up from your wrists to your shoulders. Lift your knees off the floor to create another straight line from your shoulders to your ankles. There should be no bent knees or hips.

Tighten your core to stabilize your spine. Make sure your feet are together and your toes are pointing towards your upper body.

Inhale and slowly lower your body towards the floor, while maintaining that straight line from your shoulders to your ankles. Do not let your glute area dip towards the floor. Continue to lower yourself until your chest touches the floor.

Exhale and press through your palms and shoulders as you push yourself back up towards the starting position. Continue to maintain that straight line and don't let your glutes and hips sag as you lift yourself back up.

Repeat 10 times for 2-3 sets.

### Donkey Kick: Targets the abs, glutes and hips

Start by kneeling on the floor (use an exercise mat or place a towel under your knees for some cushion). Position your knees and feet hip-width apart and your toes are pointed away from your body. Bend forward and place your hands on the floor, shoulder-width apart and align your palms so there is a straight line going up from your wrists to your shoulders.

Tighten your core to help stabilize your spine and avoid any sagging of your core area.

Inhale and contract your left glute to lift your left leg off the floor. Keep your left knee bent at a 90 degree angle the whole time. Control your leg as you lower it back down to the starting position.

Complete the exercise 10 times for 2-3 sets and then repeat on your right leg.



### Bicycle Crunch: Targets the abs

Lie with your back to the floor and your knees are bent. Place your hands gently behind your head, being mindful not to pull your head forward as you go through the exercise.

Tighten your core to stabilize your spine. Pull your shoulder blades together and down as you slowly lift both your feet off the floor and bend your knees to a 90 degree angle.

Exhale as you simultaneously bring your right knee towards your chest and straighten your left knee out while keeping it off the floor. Contract your abs as you lift your shoulders off the floor as you rotate your core to bring your left elbow towards your right knee.

Hold this position for a second or two then return to the starting position. Repeat with the opposite knee and elbow.

Continue to alternate sides 10 times per side for 2-3 sets.

Be mindful that when you are rotating your torso to bring your elbow to your knee, the movement is coming from your core and not your hips.

**Cool Down:** Do some gentle stretches to lengthen the muscles back out. Walk, cycle or do some other low level cardio to gently bring your heart rate down.

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