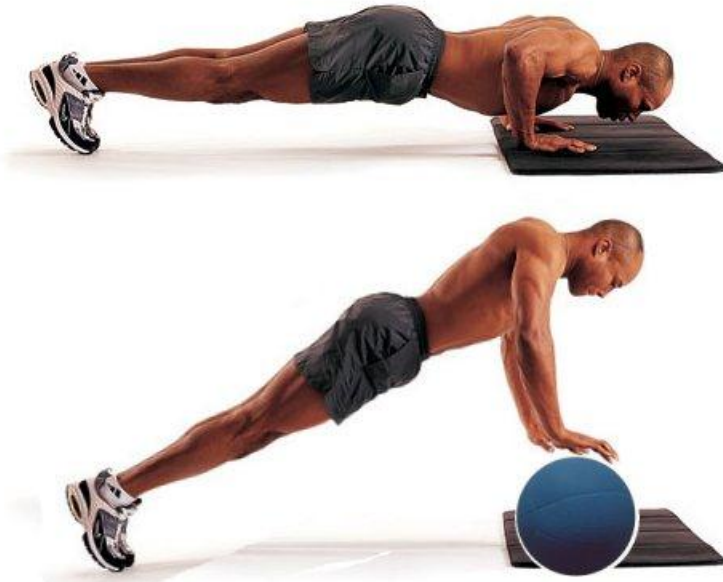
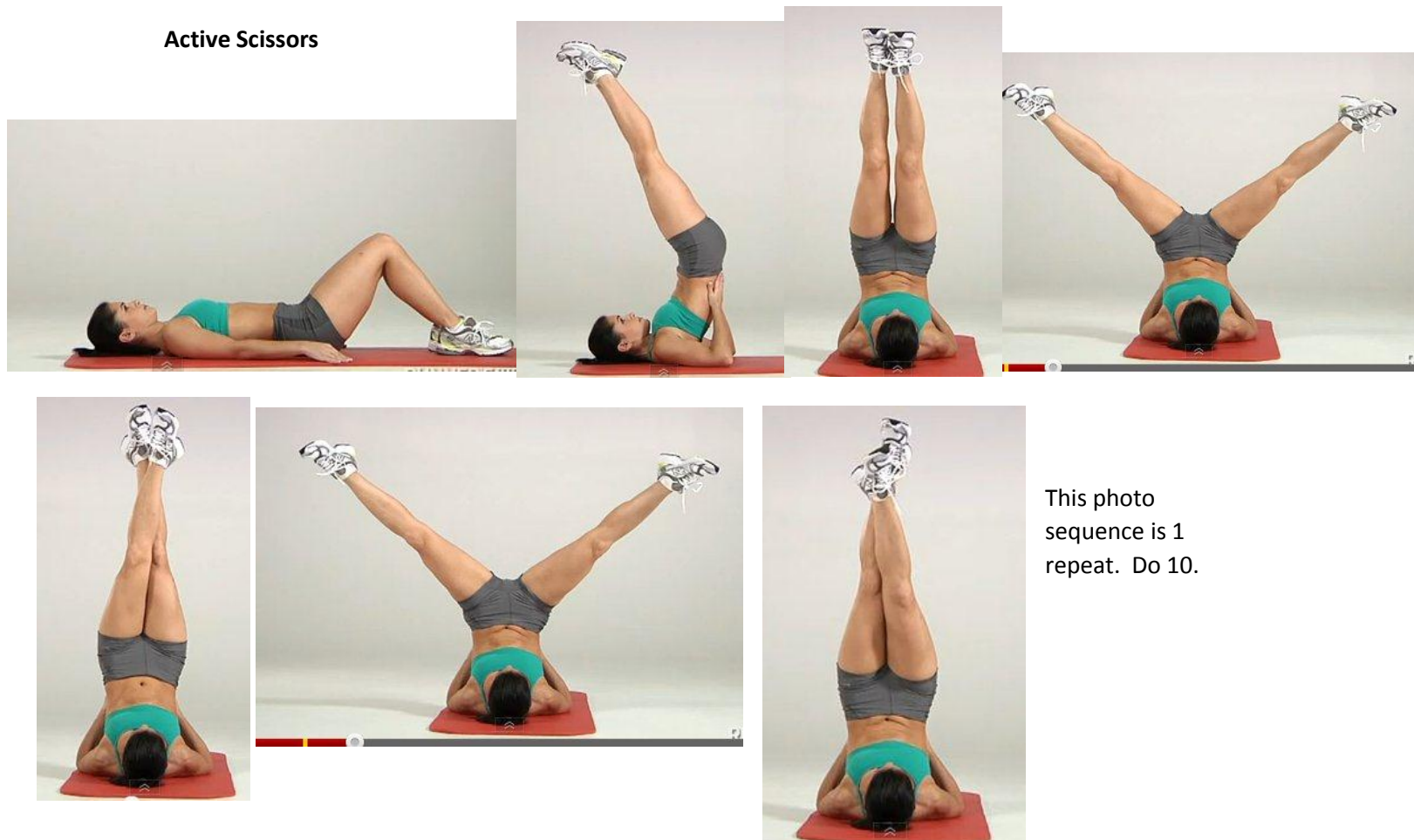


Plyo Pushups (with a med ball)

Start in the classic pushup position. Pushup onto a Med Ball (or cushions). Come back down to pushup position. Work up to 10.

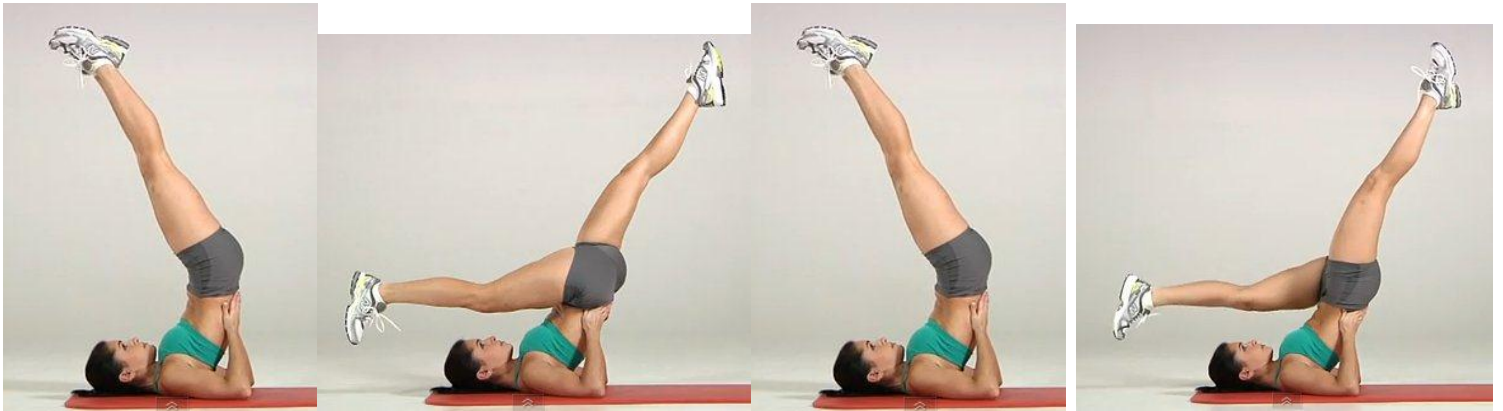


Active Scissors

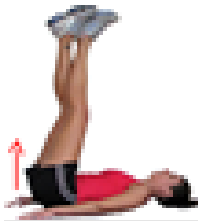


This photo sequence is 1 repeat. Do 10.

This photo sequence is 1 repeat. Do 10.



Hip Raisers or Hip Thrusts



Begin in the same starting position as the previous exercise, but with your hands at your sides. Raise your hips only of the floor. Do 20 repeats. Make sure to pause between repeats. You don't have to go very far off the floor.

High Front planks with a twist

This is a variation on a pushup. Start in the pushup position. At the top of the pushup position, turn it into a side plank. Do 10 on each side.



Supermans or Sky divers with a twist



A standard ski diver is to raise your legs and arms off the floor and hold for a count of 10. A twist is added with your arms and upper back to one side and hold for 10 instead. You should lift one side of your abs off the floor. Do 10 on each side. Make sure to pause between each repeat.