

## Lunges

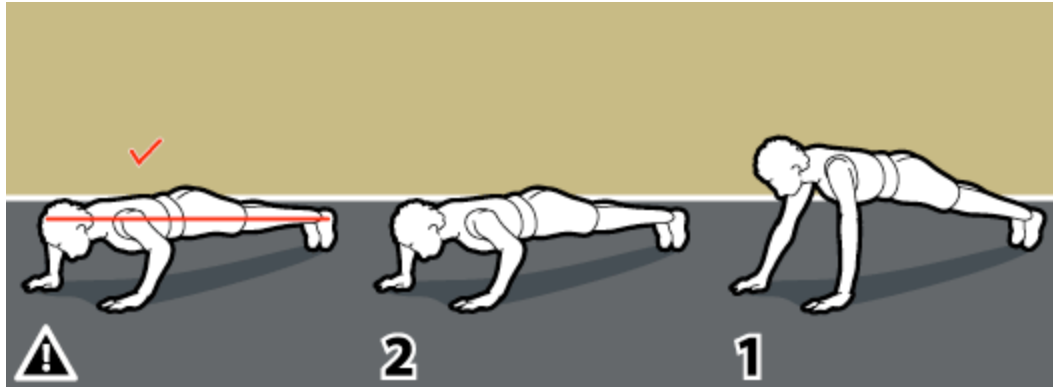


### Instructions:

1. Stand with your left foot forward 12 inches, and your right foot back about 12 inches.
2. Keep your arms fully extended at your sides, palms in.
3. With your upper body remaining straight, slowly lower yourself until your left thigh is parallel to the floor. The heel of your right foot will raise, but your foot should not move.
4. Slowly raise yourself to the starting position.
5. Repeat with the other leg. Perform the repetitions for this exercise on one side completely first, then switch to the other side to complete the set.

Cautions: Keep your back straight. Keep your front foot forward enough so that your front knee does not move further forward than your front foot. Keep your abdominals taut.

## Push-Ups

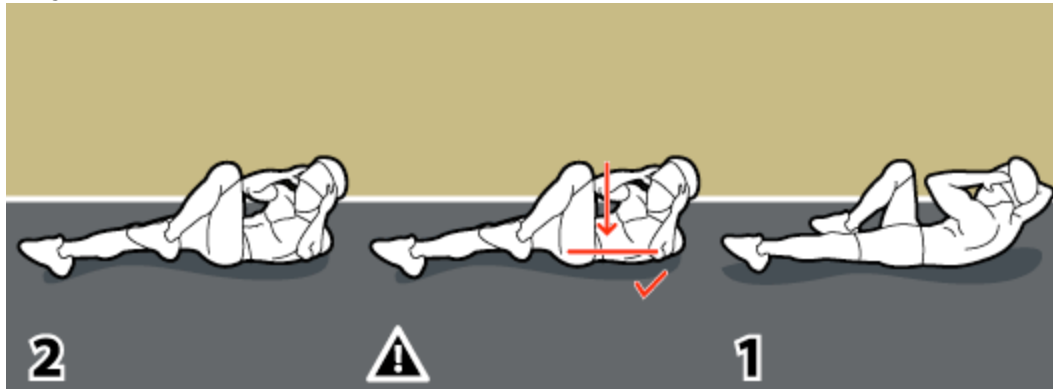


### Instructions:

1. Lie on the floor face down with hands at chest level, slightly wider than shoulder-width apart and toes on the floor.
2. Push yourself up extending your arms while keeping your back straight, pivoting on your toes.
3. Hold momentarily.
4. Slowly lower yourself until your nose is close to the floor, elbows point out.

Cautions: Do not allow your back to bend or arch. Keep your body as straight as possible. If you are unable to do this exercise with proper technique try the bent-knee version.

## Bicycle



### Instructions:

1. Lie on the floor on your back, hands behind your head without pulling your neck up.
2. Lift your shoulders into the crunch position.
3. Bring your legs up, knees bent.
4. Bring your left knee towards your chest, then your right knee as you extend your leg to almost straight.
5. This looks like pedaling a bicycle.

Cautions: Keep your back against the floor. Keep your abdominal muscles pulled in. Make smooth motions as when pedaling.