

NO EQUIPMENT? NO EXCUSES.

Exercise as you are, where you are.

Calisthenic exercises – Exercises characterized by co-operative muscle stimulation through a designated movement; can be done in a rhythm; generally, without the use of specific equipment. In essence, body-weight training. The use of such exercises aims to improve: strength, flexibility, and balance; creating a new Fitness Level. Exercises often include: pulling up, pushing up, squatting, bending, jumping, running (and many variations thereof); through the use of solely one's bodyweight.

Side shuffle

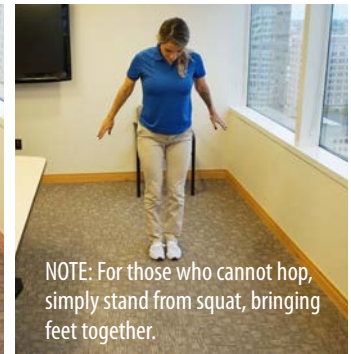


NOTE: 10 second shuffle to each side.

Start: Feet wider than your shoulder, and hips back. Slowly step to your side, keeping your hips low and spine straight

Finish: Bring your feet together shuffling one step to your side. Be sure to keep your hips low and knees bent. Try not to stand straight up as you shuffle.

Squat hop

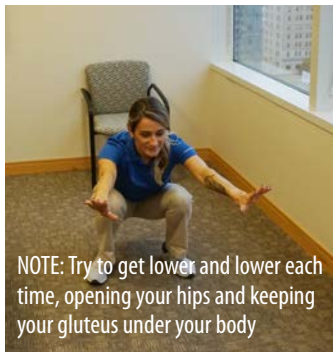


NOTE: For those who cannot hop, simply stand from squat, bringing feet together.

Start: Start in a squatting position with your hands together. The knees should be at approximately 90 degrees.

Finish: Take a quick but controlled hop up, bringing your feet together, arms out, and landing softly on your toes. Hop your feet back out, returning to the start position.

Full squat

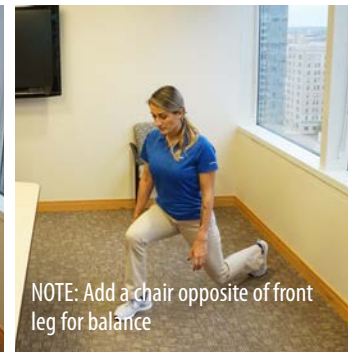


NOTE: Try to get lower and lower each time, opening your hips and keeping your gluteus under your body

Start: Feet shoulder-width apart and hands out. Begin by pushing your hips back as you squat down.

Finish: One repetition is the completion of a full T pattern, finishing in the starting position.

Slide/Step-back lunge



NOTE: Add a chair opposite of front leg for balance

Start: Feet together with a slide/cloth under one foot. Slowly begin to slide/step (if a slide is unavailable) backward, lowering hips.

Finish: Keep a slight bend in your rear knee as you proceed down; do not let your front knee pass the toe. Using your gluteus and hamstring, push your front foot into the floor, sliding/stepping your feet back together.

Together, all the way.®



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Push-up shoulder-tap



Start: In a push-up position with your feet on the floor and spine straight.

Finish: Tap each shoulder, maintaining a straight spine and strong core.

Plank to push-up



Start: Plank position with the elbow and feet squarely on the floor. Be sure to keep a straight spine using your core to stabilize.

Finish: Starting with your dominant hand, place your palm on the floor, and push your body upward to bring your second palm flat, finishing in pushup position. Return to the plank position lowering back to your elbows. Be sure to switch your lead hand with each push-up.

Mountain climber



Start: In a push-up position with your feet on the floor, and spine straight, drive one your knee up to your chest.

Finish: Switching legs, drive the other leg to your chest. Continue at a steady pace switching legs and driving your knees to the chest.

Side squat



Start: Feet shoulder width apart and hands out. Begin by pushing your hips back as you squat down.

Finish: Stepping sideways, lower your hips to one side keeping one knee straight. Be sure both feet stay flat on the floor. Stepping back together, repeat motion to the other side.

Heel-toe rocking



Start: Feet flat on the floor with your weight evenly distributed. Begin slowly rocking forward and push up onto your toes.

Finish: Hold for a brief moment on your toes. Continue by slowly rocking back, transitioning your weight from your toes to your heels. Pull your toes off the floor as your weight goes back. Try to hold on your heels with toes up for a brief moment. Return to flat feet when finished.

Floor bridges

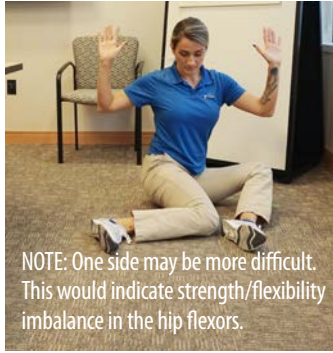


Start: Sit (touching floor) with your hands behind your torso and your feet flat. Looking up, push your feet into the floor and raise your hips as high as you can. Squeeze the gluteus and hamstrings to get your body up and flat.

Finish: Slowly lower hips back to the floor.

Stretches

Hip boxes

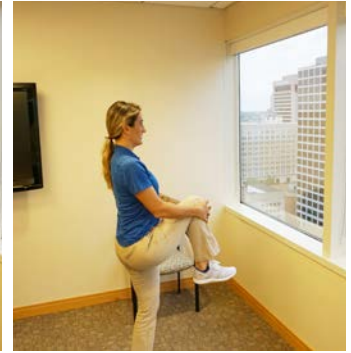


NOTE: One side may be more difficult. This would indicate strength/flexibility imbalance in the hip flexors.

Start: Hands up and feet flat approximately one foot-length from your gluteus.

Finish: Rotate your body to one side, lowering your knees to the floor. Be sure to keep your torso up, with your spine straight.

Walking-knee raise



Start: Feet together standing straight up. Bring one knee up to the chest using your arms to pull the knee in closer.

Finish: Return starting leg to the floor, and bring other leg to the chest. Take a step forward each time you switch legs.

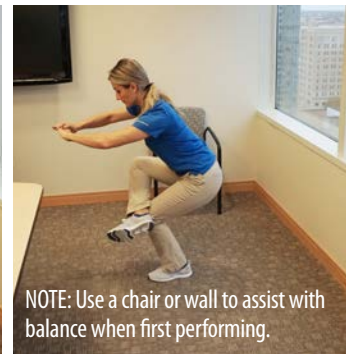
Forward bend M/L/R



Start: Cross your arms, and bend forward. Looking under the hips, allow your body to hang slowly, trying to lower your elbows to the ground.

Finish: Reach the hands over to the left side, holding for a few seconds, repeat to the opposite side, holding for a few seconds again.

Figure 4



NOTE: Use a chair or wall to assist with balance when first performing.

Start: Standing straight up, place one ankle just above the knee. Be sure to keep foot flat and planted on the floor.

Finish: Slowly lower your hips to the floor, placing a slight pressure on you the outside of your knee. Hold for a few seconds and repeat on opposite side.

Toe scoop



Start: Stand straight up with one foot a half-step in front of the other. Keep the toe of your forward foot off of the floor.

Finish: Slowly lower the body, trying to reach your fingertips under your front toe. Step together and return straight up. Take a half step forward with the next foot and repeat again to stretch your other leg.

Balance toe-touch



Start: Standing on one foot and raise your opposite arm. Be sure to keep foot planted and heel on the floor.

Finish: Slowly lower your hand to your toe, keeping your foot off the floor. Tap your toe and return to the upright position.

Dead bug



Start: Begin laying on the floor with a flat back and your hands and knees raised.

Finish: Slowly lower one arm toward the floor. Be sure to stop just before touching the ground. Return to starting position and repeat on the other side.

Cobra-Camel



Start: With your hips flat on the floor and toes pointed, raise your torso and push your chest out. Be sure to look up and breath out.

Finish: From the cobra position, rotate your hands and slowly walk them back to your feet. Pushing your shoulders back, look under your body and slowly lower the heels to the floor.

Pigeon



Start: Cross your leg under your body, laying the knee and upper leg on the floor.

Finish: Slightly slide your rear leg back and place your elbows on the floor. Hold for a few seconds then switch legs.

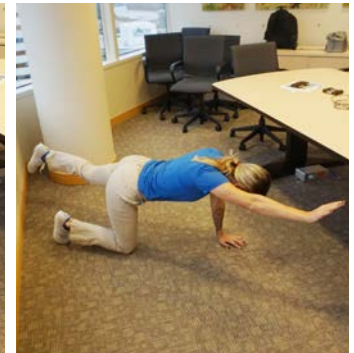
Cat-Cow



Start: With you hands and knees flat on the ground, squeeze your core, curving your back. Use your core to pull your pelvis under your spine.

Finish: From the cat position, slowly open your core, retracting your shoulder blades and squeezing your back muscles. Look forward and pull your hips out from under your arching your back.

Bird-Dog



Start: With hands and knees flat, slowly raise an opposite arm and leg.

Finish: Be sure to keep your thumb pointed up and extend the leg as far as possible. Return to flat hands and knees, then repeat on opposite side.

