

EXERCISE	DESCRIPTION	REPETITIONS/ TIME	IN BETWEEN
push ups	modified knees	2 sets of 8	stretch - child's pose (very simple "yoga")
lemon squeezers	assuming a V position balanced on the buttocks, pull legs in and arms around them, release back to V position	2 sets of 8	stretch laying on back, extending toes and fingers
toe touches	lay on back with one leg up in the air, reach opposite arm multiple times, switch leg and arm	16 times each leg	sitting up, point and flex feet
cherry pickers	hold body in V shape, but with legs bend and hands clasped together, then twist from side to side touching floor each time	2 sets of 8, count one back and forth as 1	breathe
superman pose	laying on belly, raise arms and legs as high as you can and hold	30 seconds	lay on back and hug knees to chest
semaphore leg lifts	laying on your back, raise one leg at a time while holding the other leg a couple inches off of the ground, hold for 3 seconds and switch legs	2 sets of 8, each leg once counts as one	stretch gently in sitting position with soles of feet touching each other frog style
leg out crunches	sitting up with legs apart, reach for opposite toes alternately	2 sets of 10, once to each leg counts as 1	breathe
bear hugs	same as lemon squeezers, but start with arms out sideways and go back to that between each crunch	2 sets of 8	breathe
boat hold	hold V shape	10 seconds	lay on back
front plank	on elbows	30 seconds	Roleo arms
side planks	on elbow of lower arm with bend directly under shoulder, legs slightly bent, when lifting only lower elbow and ankle/foot touching ground, upper arm extended up or over head	30 seconds each side	

