

# Indoor Friendly Exercises

Hips

# Glute Bridge

- Lie face up on the floor, with your knees bent and feet flat on the ground
- Keep your arms to your side with your palms down
- Lift your hips off the ground until your knees, hips and shoulders form a straight line while squeezing your glutes and abdominals
- Hold for a few seconds, repeat 10 times, three to five sets, rest between sets



# Split Lunge

- First stand 12 to 16 inches, facing away from an elevated object (stair, chair, curb etc)
- Put your right foot up on the object and slowly begin to lower your right knee, keeping your back straight. Pause an inch or two above the ground and slowly go back up, pushing from your heel
- Do 10 each leg, three to five sets, rest between sets



# Squat

- Stand with your feet slightly wider than your hips, toes pointed slightly outward
- Look straight ahead at a spot or object
- Heels should carry your weight, push your hips back then lower yourself down, not to have your knees pass your toes, then come back up again to the start position
- Do 12 each, three to five sets, repeat between sets



# Plank

- Start face down on the floor resting on your forearms and knees.
- Push off the floor, raising up off your knees on to your toes and resting on your elbows.
- Contract your abdominals to keep yourself up and keep your back in a straight line
- Hold for 30 seconds to 1 minute



# Side Plank

- Start on your side with your feet together and one forearm directly below your shoulder
- Contract your abdominals and raise your hips until your body is in a straight line from head to feet
- Hold the position for 30 seconds to 1 minute, repeat on your other side.



# Butterfly Stretch

- Sit on a the floor using a matt
- Touch the bottom of both feet in front of you and draw them as close as you are comfortable
- Push down on your knees until you feel a stretch and hold for a minute
- Repeat three to five times



# Seated Twist

- Sit upright on a mat with your legs extended in front of you, bend your right knee then cross it over your left thigh
- Bring your left elbow to the right side of your right knee and twist your upper body until you feel a stretch
- Hold for 30 seconds then switch legs





# Lying Dead Bug

- Allow your shoulders and lower back to fall to the floor, lift your hands so your elbows are above your shoulders with your fingers facing each other
- Lift your legs so your knees are in line with your hips then slowly lower your right arm and left leg until they're a few inches off the floor, bring them back up then switch sides
- Do 10 each side, three to five sets, rest between sets



# Kneeling Quad

- On a mat get down on your knees, place your left foot on the floor so that your knee is at a 90 degree angle
- Reach back with your right hand and hold onto your right foot, bring that foot up towards your body while keeping your right knee on the ground
- Hold for 30 seconds, repeat on the left side
- Do three to five sets

