



O' Fitness Tree!





5 Days of Fitness

Add in these fun exercises in addition to your regular workout routine for five days then repeat the next week until the end of December.

1 HIGH KNEES

Lift one knee as high as you can and then alternate knees for up to 3 minutes.

MODIFIED 2 PUSH UP'S

Keep your body as straight as possible, bending at the elbow joint - 10x (you can also use a counter or wall).

KICK 3 BACKS

Placing hands on a sturdy surface for balance, lift heel back as far as you can then switch legs for up to 3 minutes.

4 BICEP CURLS

With a dumbbell or water bottle, lift weight towards shoulder and back down. Alternate arms for up to 1 minute.

5 SIT AND STANDS

Sitting in chair, arms across chest, stand up into a full standing position and then sit back down - 6x.