

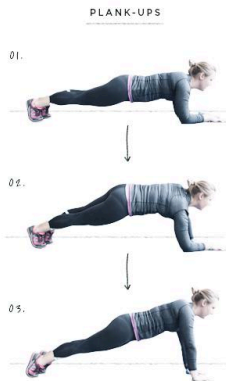
### Squat Jax

Hop out (step out if you have a knee sensitivity) to feet as wide as a step, knees over ankles and then back together. Don't make a sound, be easy on the joints and land toe, ball, heel.



### A plié squat!

Weight is optional. Make sure knees are over ankles in a straight line, pelvis is under you, so core is engaged. Feel the hole outside and heel of the foot. The heel is the driving force! If it hurts your knees, readjust your feet, if it hurts your back and engage your core.



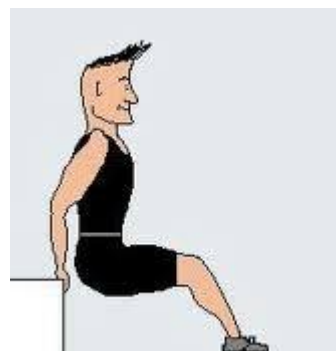
### Plank-Ups

Plank to forearms! Place hand directly underneath your shoulder to prevent injury. Hips down and core engaged.

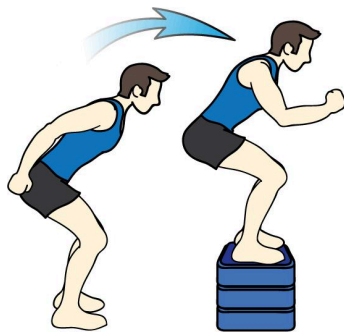


The bear crawl! Hands under shoulder and hips down. Try going backwards for a challenge.

### Crab Walk



Tricep Dip



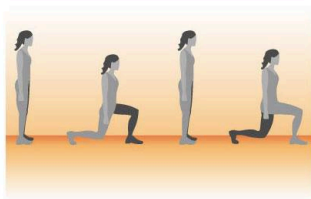
### A Box Jump!

Better to be safe than sorry! Put the step at a comfy level. There are 3 levels.

**MAKE SURE** to get whole foot on step to **PREVENT INJURY!** We don't want the heels hanging off at all.

Try not to swing arms to thrust you up, engage core. For a challenge, place hands on shoulder (can add weights). If this isn't comfortable do a step up instead. Run up and down the step as fast as you can.

Always listen to your body!

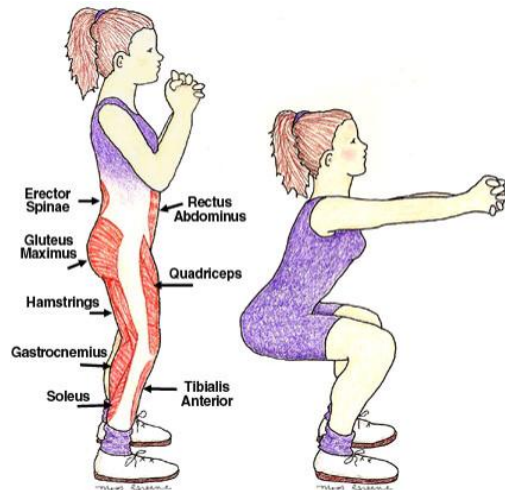


### Walking Lunges

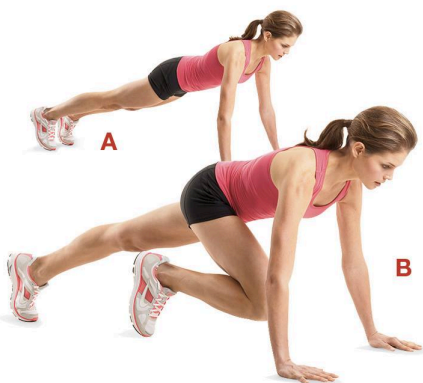
Knee over the ankle is **SUPER** important!



**DONKEY KICKS** can be one leg at a time or both. Hands under shoulders, hold, weights or on forearms with elbow under shoulder.



This picture represents the **CORRECT WAY** to squat!  
 Hips come down to knees, hips back, weight in the heels and knees directly over ankles in a straight line! Plus she has her core engaged and a flat spine!  
 When squatting on your own, please refer to this picture!



**MOUNTAIN CLIMBERS!** Pull one knee in at a time with shoulder over wrist in a straight line. If you have a wrist sensitivity, you can hold weights or go down to the forearms. On the forearms the shoulder is directly above the elbow. The safer way to do a mountain climber is when you pull your right knee into the tummy, **DO NOT TOUCH** that right foot on the floor. In other words, just pull one knee in at a time and **ONLY** one foot is ever touching the ground. It is gentler on the knees.

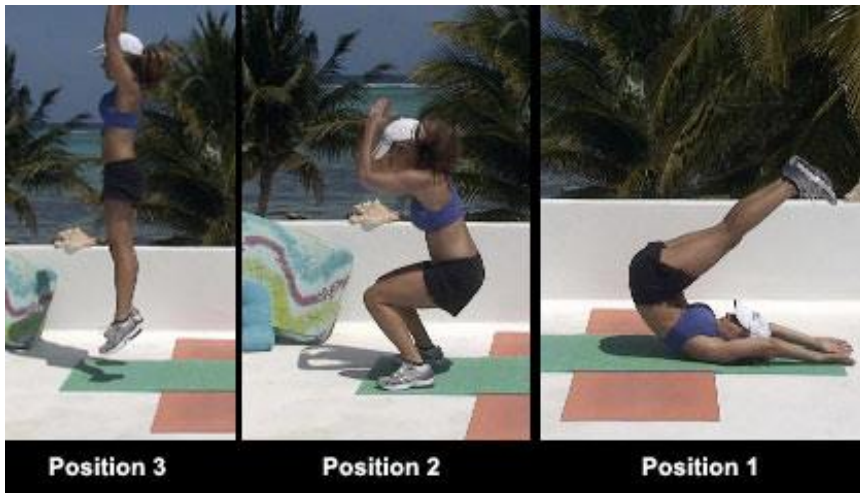


**HIGH KNEES!** (If running is not in the cards for you, just lift one leg at a time to hip height)

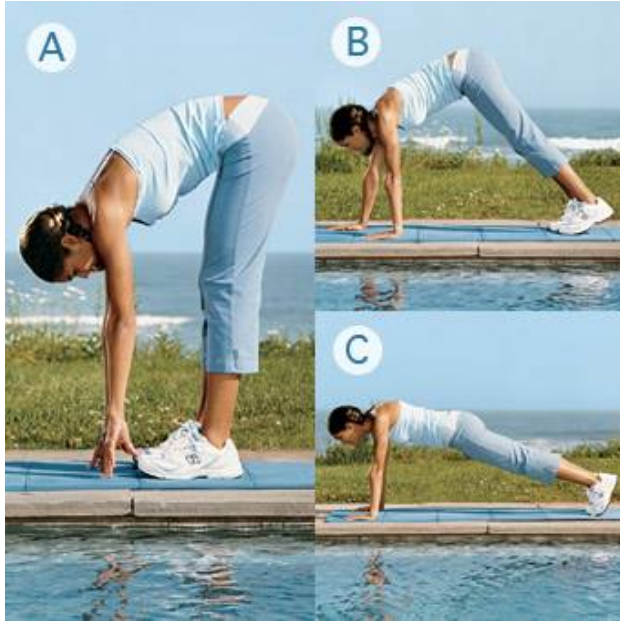


Jessica D'Onofrio Photography

**SQUAT THRUST!** (Step or hop back). Wrist under shoulder and tummy pulled in tight. Body is in one straight line from head to toe. Can add a push up for a challenge and it's a burpee! Don't let your tummy hit the floor!



**EGG ROLL!** Can us step for modification and can use two hands (make sure if using hands we use two not one so that we do not torque our lower back)



**Inch Worm!** Can use hands or weights! Toe past fingers and shoulder over the wrist.



**"Step Straddles in Plank"** Place hands on the step, with shoulder over the wrist then hands straddle the step (onto the floor "out-out", then back on the step "in-in")

## How to Do the Roll Up Pilates on the Mat for Waist

step 1



- Lay flat on your back
- Bend knees placing feet flat on floor
- Place hands on above hips

step 2



- Exhale rising to a sitting position
- Tuck your knees with your arms
- Focus on tightening your stomach

step 3



- Inhale bringing your shoulders to the floor

(Repeat 1~3) x 8

**Roll-ups** are hard! If you need a modification you can straighten your legs and hold a weight in your hands to act as a lever. You can also hook your feet underneath something sturdy or place heavy weights on your feet. If you need a challenge you can cross your arms, place hands on the head with elbows BACK by the ears or for extra challenge you can place weights on your shoulders!



**SUPERMAN PLANK!** Lift your legs and torso slightly off the ground. UNLIKE the picture, you want to point your nose down to the ground..