Guide for Exercises

Important hints

- Modify if Needed: Adjust the exercises to your level by reducing reps or duration if they feel too intense.
- Listen to Your Body: If you feel sore for more than two days, take a rest day to allow your body to recover.
- Increase Gradually: If the program feels easy, increase the reps or time by 25% to keep challenging yourself.
- Stay Consistent: Aim to complete each workout regularly for the best results, but allow for flexibility if needed.

- Warm Up & Cool Down: Always start with a warm-up and end with a cool-down to prevent injuries.
- Print & Share: Print a copy of your routine and keep it handy. Share it with a friend for motivation.
- Use as a Starting Point: Treat this routine as a baseline; you can build on it or integrate it into your overall fitness plan.

High Knees

- Sit on the edge of a chair with your feet flat on the floor.
- Slowly bend forward from your hips, reaching your hands toward your feet or the floor.
- Let your head and neck relax as you stretch.
- Hold the position for 15-30 seconds, breathing deeply, then slowly sit back up.

Plank Rotation

- Begin in a standard plank position on your hands, with your body in a straight line.
- Rotate your body to one side, lifting one arm up toward the ceiling while stacking your feet and rotating onto the side of one foot.
- Return to the plank position, then rotate to the other side.

Plank

- Stand tall with your feet hip-width apart.
- Quickly bring one knee up toward your chest, then switch to the other knee, alternating as quickly as possible.
- Pump your arms as you lift each knee, keeping your core engaged.

Swimmers

- Lie face down on the floor with your arms extended straight in front of you and legs straight.
- Lift your right arm and left leg a few inches off the floor, engaging your back and glute muscles.
- Lower them back down and then lift your left arm and right leg, alternating in a fluttering motion.

Flutter Kicks

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