Please speak with your fitness staff if you have questions about your safe completion of these exercises.

Looking for more information?
Check out [community fitness center]
[Manager Name, Contact Number]
Tree Pose

Stand tall with one foot lifted. Stare at something straight ahead and hold a tall posture for 30 seconds.

Progression:
1. Begin by holding onto a stable chair during the exercise. 
2. Bring your hands in front of you in a traditional prayer hands pose.
3. Lift hands toward the ceiling, above your head.

Squat to Torso Twist

Stand up tall with feet shoulder-width apart. Keep your eyes pointed forward. Slowly bend the knees and lower your body into a squat position. Control the speed and stand back up so your knees are straight. Keeping your hips pointed forward, twist your shoulders to one side, back to the front, and then to the other side. Repeat the squat and alternating torso twists.

Progressions:
1. Add a weight to your hands to make this exercise more challenging.
2. If you’re feeling unsure of the squat form, replace the squat portion with a chair stand.
Stand tall with feet in tandem stance (one foot in front of the other, heel to toe). Extend your arm to the side and perform 5 arms circles with finger tips pointed up and 5 more arm circles with finger tips pointed down. Repeat on the other side.

**Progressions:**
1. Let go of the chair for more of a challenge.
2. Try a slightly different stance—step forward with one foot so they are still in line, but there is a space between the heel of the front foot and the toe of the back one.

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Stand as tall as possible, keeping core muscles tight. Begin with both hands clasped above the right shoulder. Swing your hands down to the left hip as you twist at the waist.

**Progression:**
1. Add a weight or water bottle to your hands.
Begin standing with feet hip-width apart and toes pointed forward (do not lock your knees). Keeping your shoulder back and your back as straight as possible, hinge forward at the hips until you feel your back start to round. Then, using your glutes and hamstrings, pull yourself back up to standing straight. Once you’re standing up straight, perform a calf raise by lifting your heels off the ground and coming back down in a controlled manner. Then, repeat the hip hinge and continue to alternate with a calf raise.

**Progressions:**
1. Add weights or water bottles to hands to increase the difficulty of the exercise.

**Cone Toe Tap**

Sit or stand tall with a cone about 6-12 inches in front of you. With alternating feet, tap the top of the cone gently with your toes. Try not to knock the cone over.

**Progressions:**
1. If you were seated at first, try it standing while holding on to the chair.
2. Try standing repetitions without holding on to the chair.
3. Speed up your steps for more of a challenge.
Wall Plank

Begin standing with feet hip-width apart, toes pointed forward towards a wall (do not lock your knees), and keep your hands* shoulder-width apart on the wall. Your feet should be far enough away from the wall that you need to engage your core muscles to keep your torso and legs in a straight line.

*If your wrists get sore when your hands are bent at a right-angle, feel free to hold small dumbbells in your hands so your wrists can be in a more comfortable position. (see fig. 2)

Progression:
1. The further away from the wall your feet are, the tougher the exercise will be.
2. To make it even harder, place your forearms on the wall instead of your hands.

Wall Push-Up

Begin standing with feet hip-width apart, toes pointed forward towards a wall (do not lock your knees), and place your hands shoulder-width apart on the wall. Keeping your shoulder back and your back as straight as possible, lower your torso towards the wall. Then, press into the wall to bring your torso away from it.

Progression:
1. Start with your feet further from the wall to make the exercise harder.
2. Move your hands wider apart to target different muscles.
One-Legged Clock with Arms

Stand tall and lift one foot off the floor. With that foot lifted, bring one hand up to the “12” position (like a clock), then move it to a “3” or “9” position, then to a “6” position. Repeat 5-10 times and then switch sides.

Progressions:
1. Begin by holding on to a chair.
2. Make it tougher by letting go of the chair.
3. When you’re ready for a bigger challenge, add a small weight to the hand that’s moving around the “clock”.

Side Lunge

Stand with feet together—posture is tall: shoulders back and crown of the head reaching for the ceiling. Take a large step to the side and bend the knee of the “stepping” leg so you’re in a lunge position. Do not let your knee bend further than your toes. Keep your head pointed towards the ceiling through the whole move—don’t lean forward. Straighten the leg and step feet back together.

Progressions:
1. Add small weights to hands to make the exercise harder.