



3-2-1 FITNESS ROUTINE

3 Strength Exercises

Squats - 10 or more repetitions - repeat 3 times

1. Stand with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are in a seated position.
3. Now stand up using your legs.

NOTE: You may use a chair for this exercise and do chair squats as an option. You may want to put the chair next to the wall for safety.



Push-Up from Knees - 10 or more repetitions - repeat 3 times

1. Start in a plank from knees position. Put your hands a little wider than your shoulders.
2. Bend your elbows and lower your body toward the ground. Try to lower your chest all the way to the ground.
3. Push your body back up to the starting position. Keep your body a straight line from your knees to your shoulders for the whole exercise.



Plank Hold - Hold for 20 to 60 seconds - repeat 3 times

1. Start on your hands and knees.
2. Straighten one leg at a time and put the balls of your feet on the floor. Your body should make a straight line from your heels to your shoulders. Keep your abdominal muscles tight and your back straight.
3. Hold this position for 20 seconds.

NOTE: This exercise is a hold so it is not done in repetitions. Continue to increase the length of the hold until you can hold for 1 minute.



2 Flexibility Exercises

Side Stretch - Hold for 10 seconds - repeat 3 times

1. Stand tall with your feet a little wider than your hips.
2. Bring your left arm up so that it is close to your ear.
3. Bend sideways at your waist toward your right side. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
4. Repeat with your right arm up and your left side bent.



Modified Hurler's Stretch - Hold for 10 seconds - repeat 3 times

1. Sit on the floor with your left leg straight out in front of you.
2. Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
3. Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. You should feel a stretch in the back of your left leg and the inside of your right hip.
4. Repeat this stretch with your right leg straight and your left leg bent.



1 Balance & Stability Exercise

One Legged Leg Raise - Hold for 10 seconds - repeat 3 times

1. Stand with your feet about one foot apart.
2. Bend your right knee until your right foot is a few inches off of the ground.
3. Try to hold this position for 5 or more seconds.
4. Repeat this exercise with left foot in the air.
5. Try to increase the time you can hold your foot in the air until you reach 20 seconds on each foot.

NOTE: This exercise is a hold so it is not done in repetitions. Continue to increase the length of the hold until you can hold for 20 seconds on each foot. You may want to use a chair backrest to hold on to until you can safely balance on your own.

