



Do stretches or exercise while watching television or during commercials or sporting events; try doing crunches (mix it up with squats, pushups, and planks!). **Move to help your mood!** 

# Warm up:

## Start with these moves to get your body ready.

- Standing Arm Circles 30 seconds
- March in Place 1 minute
- Air Squats 30 seconds
- Jumping Jacks 1 minute

### **Workout:**

Complete the following lower body movements, resting as needed.

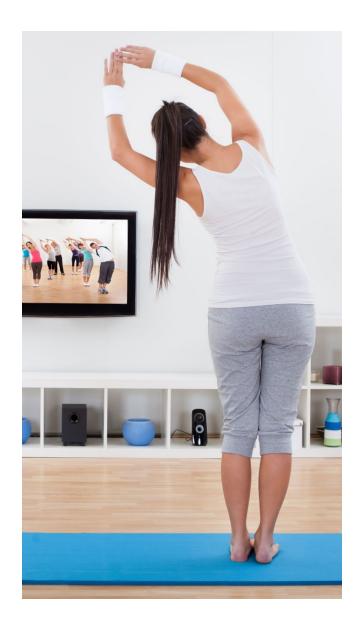
#### Set #1

- Glute Bridge 20 reps
- Bodyweight Lunges 12 reps each leg
- Squat and Side Leg Lift 12 reps each leg

#### Set #2

- Squat Jumps or Calf Raises 12 reps
- Bench Step Up 12 reps each leg
- Alternating Side Lunge 12 reps each leg

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



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