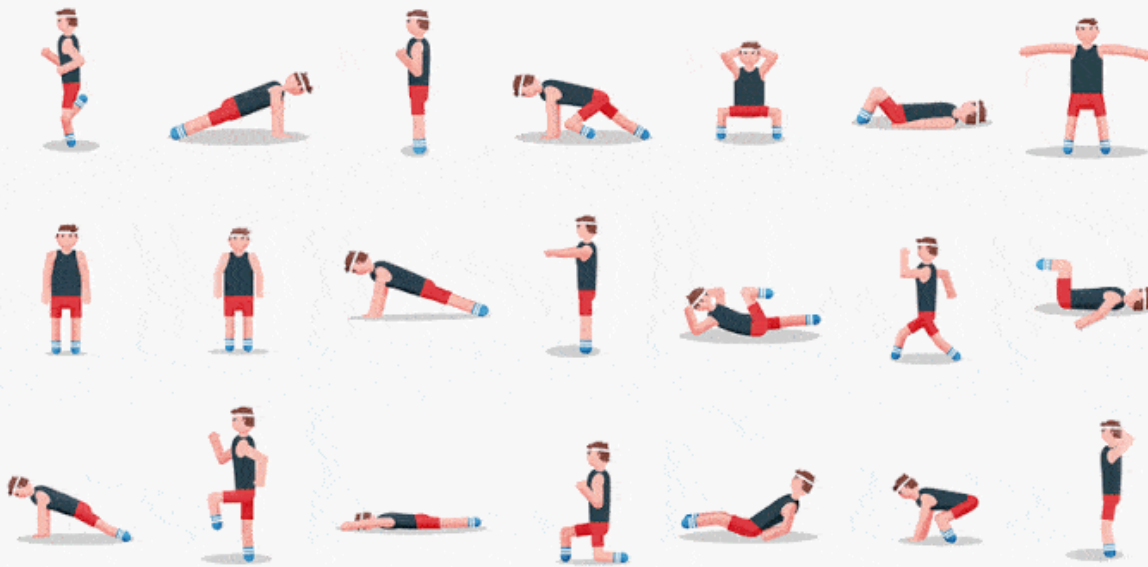


# BODYWEIGHT EXERCISES

## 7 DAILY MOVES



DOWNLOAD THE FREE APP @ [www.7dailymoves.com](http://www.7dailymoves.com)

For animated pictures on the above diagram, go to <https://thetravellothoner.files.wordpress.com/2019/01/bodyweight-exercises.gif>. For timing assistance, one option is an app called "Boxing Timer." You can set the rep time and rest time and it will ding to alert you.

**Each activity is done for 45 seconds (high intensity). Rest/stretch for 15 seconds between each activity. Do circuit 3 times.**

CIRCUIT 1 (TOP ROW)	CIRCUIT 2 (MIDDLE ROW)	CIRCUIT 3 (BOTTOM ROW)
Run in place	Jumping jacks	Stationary spiderman crawl
Side plank	Side lunges	High knees
Forward lunge	Push ups	Spiderman fly
Mountain climber	Walking reach	Reverse lunge
Squat with lift	Bicycles	Crunches
Hip raises (Glute bridges)	Jumping lunge	Squatting jump
Toe touches	Side to side knee raises	Bent over fly
<b>ADD THESE TO EACH CIRCUIT (NO PICTURES):</b>		
Wall sit with 1 HIGH jump up at the end-Swing arms to get maximum vertical	Full Burpees (with push up)	Wall sit with 1 HIGH jump up at the end-Swing arms to get maximum vertical
Jumping jacks	Wall sit with 1 HIGH jump up at the end-Swing arms to get maximum vertical	Jumping jacks
Anisimova*	Jump rope--Feet together SUPER FAST	Anisimova*

\* **ANISIMOVA:** While standing beside a hurdle and facing the hurdle, move the lead foot/leg back and forth over the hurdle. Concentrate on standing tall, keeping the stomach and butt tight and the lead foot flexed. (NOTE: If no access to hurdles, use a chair or other object about 30" tall instead.)