

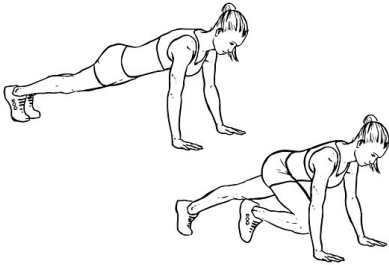
Early Morning Workout

Here's a short early morning workout to get your pulse going and get you energy levels up ready to face the day ahead.

Do 20 of each exercise (20 seconds for the plank) for a great morning workout and 40 of each if you want to up the work.

Instructions:

Mountain Climbers

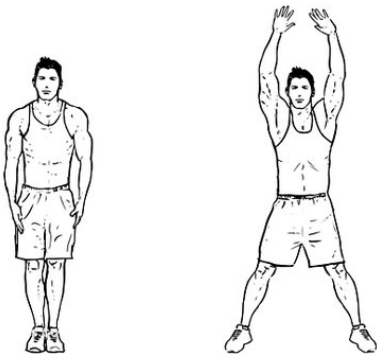


Assume a push-up position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back, raise your right knee toward your chest.

Return to the starting position and repeat with your left leg.

N.B. completing with both legs = 1 rep

Jumping Jacks

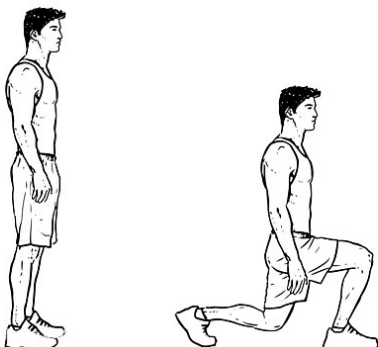


Stand with the feet together, pointing forward, and the arms hanging straight at the sides.

In one jumping motion, bend the knees and extend both legs out to the sides while simultaneously extending the arms out to the sides and then up and over the head.

Immediately reverse the motion, jumping back to the starting or neutral standing position and repeat.

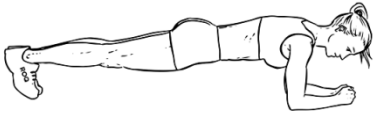
Lunges



Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core.

Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.

Planks



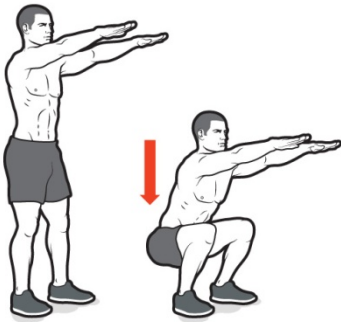
Get in the pushup position, only put your forearms on the ground instead of your hands. Your elbows should line up directly underneath your shoulders. Toes on the ground.

Squeeze your glutes and tighten your abdominals.

Keep a neutral neck and spine.

Create a straight, strong line from head to toes

Squats

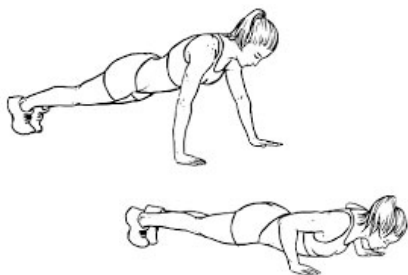


Stand with your feet apart, directly under your hips, and place your hands on your hips.

Standing up tall, put your shoulders back, lift your chest, and pull in your abdominal muscles.

Bend your knees while keeping your upper body as straight as possible, as if you were lowering yourself onto a seat behind you. Lower yourself as far as you can without leaning your upper body more than a few inches forward.

Push Ups



With your legs extended back, place the hands below the shoulders, slightly wider than shoulder width apart.

Start bending your elbows and lower your chest until it's just above the floor.

Push back to the starting position.