



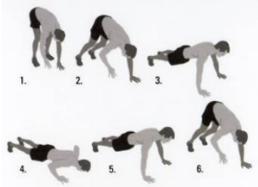
10 Daily Exercises by Deneysel



The ten exercises listed below will make a tremendous difference for you, both physically and mentally, if you practice them once a day, four to five times per week. The time required is 15 minutes or less; time very well spent! Two of the exercises require a small hand weight; if you do not have one, a canned good or the family cat will work just as well (provided the cat is de-clawed and asleep!). Next to each exercise is a brief description, a listing of the muscles/muscle groups involved, and a description of how the movement improves the body. I would suggest starting with a light weight (3 – 5 lbs.), doing 6-8 repetitions per exercise. If you are already in good shape, you can use a heavier weight (6- 10 lbs.) and increase the number of repetitions up to a maximum of 12. For the timed exercise (Planks), work toward holding 1-2 minutes – that’s super strength! With Crunches, you can work up to as many as you feel comfortable; start with a minimum of 12. This is something you are doing **for yourself**, so withhold judgement on how “strong or fit” you are presently, and enjoy the **process of getting stronger and healthier. Expect results** (!) and give yourself a pat on the back for each day you build this new health habit ☺

Ready? Let’s do this!

Exercise	How to	Working Body Parts	Areas of Improvement
<p data-bbox="205 435 457 467">One-legged Deadlifts</p> 	<p data-bbox="646 386 1071 837">Start with feet shoulder-width apart. Have weight in right hand; shift weight to left leg, keeping that knee slightly bent. Maintain tightness in the core as you begin to lift the right leg straight back behind you and tip forward from the hips. Allow the weight to lower toward the floor as far as you feel comfortable, keeping the right arm straight and the neck in a neutral position. Reverse the movement and return to a standing position. Repeat the movement the desired number of repetitions. Repeat exercise for the left side.</p>	<p data-bbox="1094 386 1493 483">This exercise works the core and the lower body, especially the gluts and hamstrings.</p>	<p data-bbox="1539 386 1938 451">This exercise helps with balance and lower body strength.</p>
<p data-bbox="205 893 525 925">One-legged Shoulder Press</p> 	<p data-bbox="646 844 1071 1383">Start with feet shoulder-width apart. Have weight in right hand; shift weight to left leg, keeping that knee slightly bent. Bring the weight up next to the right shoulder, palm facing forward. Maintain tightness in the core as you begin to lift the right knee up until the foot is next to the left knee. From this position, press the weight straight up overhead (do not lock the elbow upon extension) and then bring the weight back down so there is a 90 degree bend in the elbow. Repeat movement the desired number of repetitions. After the last rep, lower the right foot to the floor, then lower the weight slowly to your side. Repeat exercise for the left side.</p>	<p data-bbox="1094 844 1493 974">This exercise works the core and the upper body, especially the deltoids (anterior), triceps, and pectorals.</p>	<p data-bbox="1539 844 1938 941">This exercise helps with balance, posture, and upper body strength.</p>

<p>Jumping Jacks</p> 	<p>Start with feet together, hands at your sides. Simultaneously jump your feet wide (beyond shoulder width) and raise your arms in wide arc above your head, bringing palms together at the top. Reverse the movement taking hands back to sides and feet together. This sequence is one jack. Complete up to 25 jacks.</p>	<p>This exercise works the calves, the hip abductors and adductors, the shoulder abductors and adductors, and the core.</p>	<p>This exercise increases heart rate and stimulates blood flow to a variety of muscle groups.</p>
<p>Squats</p> 	<p>Start with feet slightly wider than shoulder width, toes turned slightly out to the side. Make sure knees are in line with the middle three toes. Keep the front body lifted with shoulders down away from the ears, palms pressed together in front of the body. Bend the knees and lower, pushing the hips slightly back as though sitting in a chair. Weight should be in the heels so that the toes could still move. Go down as far as you feel comfortable with the goal being to get the quadriceps parallel to the floor. Pressing into the heels, slowly straighten the legs and rise to the starting position. Repeat movement the desired number of repetitions.</p>	<p>This exercise works the quadriceps, hamstrings, glutes, and calves.</p> <p>Note: If the knees are pointed in, there will be too much pressure on the joint. Always check the alignment of knees over toes. Also, make sure the knees never go in front of the toes as you lower; always keep the knees behind the toes by pushing the hips back.</p>	<p>This exercise helps with lower body strength.</p>
<p>Walkout Pushups</p> 	<p>Start with feet shoulder-width apart. Tip forward from the hips, bringing hands onto the floor (bend knees if necessary). Walk the hands forward until you are in the pushup or plank position. On either knees or toes, lower the upper body down in a pushup, keeping the elbows in. Push back up and walk the hands back toward the feet. Come back to standing by rolling up through the spine. Repeat movement the desired number of repetitions.</p>	<p>This exercise works the hamstrings, chest (pectorals), and core.</p>	<p>This exercise helps with both upper and lower body strength, core strength, and in developing the muscles that will protect the knee and shoulder joints. By pausing after tipping forward from the hips and reaching for the toes, you can develop flexibility in the hamstrings. Also aids joint fluidity and moving through different planes of motion.</p>

<p>Plank</p> 	<p>Start in a pushup position. Spread the fingers wide for stability, and make sure the hips stay slightly lifted to engage the core muscles. Lower down onto the forearms, keeping the elbows directly under the shoulders. Relax the shoulders by pulling them back and away from the ears, keeping the neck in a neutral position. Hold this position as long as you feel comfortable. Upon completion, press the hips back and bend the knees to rest in Child's Pose*.</p>	<p>This exercise works the front and back core, glutes, shoulders, and arms.</p> <p>Variations:</p> <ul style="list-style-type: none"> • knees down on the floor (↓ difficult) • hands on the floor instead of forearms (↑ difficult) • feet wider than hip distance (↑ difficult) 	<p>This exercise helps with total body strength, especially core strength. It also helps build endurance.</p>
<p>Crunches</p> 	<p>Start resting on your back, feet flat on the floor close to the body. Rest the fingertips on your temples with elbows out wide. Press the lower back flat into the floor and curl the tailbone up and under to engage the core. Lift the shoulders up as you bring the torso up toward the knees in a crunch. Hold at the top of the movement a couple of seconds, then slowly lower shoulders down to the floor. Repeat desired number of repetitions.</p>	<p>This exercise works the front core (rectus abdominis).</p>	<p>This exercise helps with core strength, posture, stability, and balance. Building a strong core also helps prevent back injury, as the core muscles can take excess load off the spine.</p>
<p>Bridge</p> 	<p>Start in the same position as you did for Crunches with arms down along your sides. Press the feet into the floor as you begin to lift the hips, tucking the tailbone up and under. Squeeze the glutes when you have lifted as high as you can comfortably, and keep the chin pressed lightly against the chest. Hold for a couple of seconds and then slowly lower the hips down to the floor. Repeat the desired number of repetitions.</p>	<p>This exercise works the back core, quadriceps, hamstrings, and glutes.</p>	<p>This exercise helps with core and lower body strength, lengthens the spine, and energizes the body. It is a counterpose for front core work to stretch, stabilize, and balance the abdominals.</p>

<p>Spider Pushups</p> 	<p>Start in a push up position, hands directly under shoulders and feet hip distance apart. As you lower the body down, lift the right foot off the floor and bend that knee, bringing the knee up and outside the right elbow. Make sure the hips stay lifted and parallel to the floor so you are not tilted to one side. Hold briefly and then return to the starting position. Repeat the movement, this time using the left knee and elbow. Repeat the desired number of repetitions.</p>	<p>This exercise works the pectorals (chest), triceps, deltoids (shoulders), and core.</p>	<p>This exercise builds strength in the core, shoulders, chest, and arms. It also addresses hip flexion (flexibility) and mobility, oblique core strength, as well as strengthening deep core stabilizing muscles.</p>
<p>Mountain Pose to Forward Bend</p> 	<p>Start standing with feet directly under hips, arms relaxed by your sides, and shoulders pulled back and down. Inhale deeply as you lift the arms out to the side and over your head where the palms meet. As you exhale, tip forward from the hips and bring the fingertips toward the floor. It is important to keep the hips lifted and the spine long as you tip forward. With the eye gaze on your knees, the neck neutral, and shoulders relaxed, hold the position for three breaths. On the fourth inhale, bring the arms up in a wide arc as you lift the torso back into a standing position, arms overhead. Hold for three breaths. Repeat five times.</p>	<p>This exercise is targeted to the hamstrings, and as a releasing pose.</p> <p>Variation:</p> <ul style="list-style-type: none"> • When the arms are lifted overhead in Mountain Pose, squeeze the glutes and tip the arms gently back into a baby back bend. This is a counterpose to Forward Bend that will stretch the forward body. 	<p>This exercise is a releasing pose that will help relieve tension in the lower back, and in the neck and shoulders. It also helps with hamstring flexibility and lengthening of the spine.</p>

* Child's Pose: <https://offyouryogamat.files.wordpress.com/2014/08/balasana-e28093-child-pose.jpg>

