Traveling Exercise Packs

Body weight Exercises

Provided by: The Recreation Center
Two-leg floor bridge #1

- Start with your back on the ground
- Feet hip width apart and toes pointing forward
- Slowly raise your hips so there is a straight line forming with your shoulders, hips, and knees
- Knees should be at a 90 degree angle
- Lower your hips slowly and continue this motion for 3 sets of 15-20 reps

Level 1+
**Chair Squats**
- 3 sets of 10-12
- Find a still standing chair
- Stand with feet hip to shoulder width apart
- Slowly bend your knees and hips
- Stop just before getting to the chair and stand back up
- Squeeze your glutes!
- Keep back flat

**Level 1+**

**Squats**
- 3 sets of 10-15
- Stand with feet hip to shoulder width apart
- Slowly bend at the knees and hip setting butt back
- Do not let your knees go too far past your toes
- Bend almost to 90 degrees in the knees
- Slowly bring yourself back to neutral
- Squeeze your glutes and keep your back flat!

**Level 1+**
1 Leg Stand Ups

• 3 sets of 10 on each leg
• Find a standing chair with no wheels
• Sit down and raise 1 leg
• Slowly stand up while the 1 leg is still raised off the ground
• Slowly sit down with control and repeat

Level 2+
Squat Jumps

- 3 sets of 8-10
- Follow form for regular squats
- Once you squat push off your toes and jump up
- Fully reach your arms towards the ceiling as you jump
- Land back in a squat position and repeat

Calf Raises

- 3 sets of 15-20
- Gently rest your hand on a stable surface
- Stand tall
- Push up on to your toes
- Slowly lower yourself back to start
- Then repeat
Cobra

- Lay on your stomach with your palms facing down, toes on the floor, & knees elevated off the ground
- Slowly raise your chest off of the ground and pull your shoulders toward your pockets without elevating your shoulders
- Keep your chin tucked towards your body and your glutes tight
- Lift and hold for 2 sec, slowly lower down to a count of 4 sec. Complete 3 sets of 10 reps
**Alternate Limb Raise**

- 3 sets of 20
- Keep back flat like a table top
- Slowly raise right arm & left leg at the same time
- Then switch to left arm & right leg

**Swimmers**

- 3 sets of 20
- Lay with belly on floor
- Raise right arm and left leg at the same time and hold for 2 sec
- Then switch to left arm and right leg
- Beginners should start off with just arms and instead keep feet on floor.
Hands & Knee Plank

- Hands & Knees
- Alternative knees & forearms
- Prop yourself up on your hands and knees
- Tighten your glutes & abs and create a straight line from your knees to your shoulders
- Hold for 30 sec each. Complete 3 set of 30 sec holds

Level 1+
**Hands & Toes Plank**
• 3 sets. 1 set = hold position for 20-30 sec.
• Create a “plank” with your body (straight line from ears to toes)
• Tighten glutes and abs

**Traveling Planks**
• 3 sets of 10
• (move to right 5 times/move to left 5 times)
• Maintain proper plank position throughout traveling
Incline or Regular Push Ups

- 3 sets of 10-15
- Find a stable/durable elevated surface (wall, desk, or floor)
- Place hands on surface
- Lower down to where elbows are bent at 90 degrees
- Keep back flat and hips down
- Tighten glutes and abs

Level 1+

Level 2+
**Lunges**

- 3 sets of 20
  (moving each leg counts as one rep)
- Keep head up and abs tight
- Alternate legs as you move forward
- Beginners should only descend knee about 6 inches away from the floor. The intermediate option is to descend the knee so that it’s 1 to 3 inches away from floor. If needed, place one hand at the wall for balance support.