

Basic Stretching Movements

1. Cobra Stretch (Hold for 20 seconds, repeat 5 times)



2. Cat (below) and Dog (above) (8 repetitions, each position hold for 1 second, 5 sets)



3. Foam Roller Stretch (hold for 20 seconds, repeat 5 times)



4. Steady Speed Cardio (5-10 minutes, at a reasonable speed to break a sweat)



Basic Full-Body Exercises

1. Cobra Push-Up (8 repetitions, 5 sets)



2. Knee-Bending Plank (20-40 seconds, repeat 5 times)



3. Body-Weight Squat (8 repetitions, 5 sets)

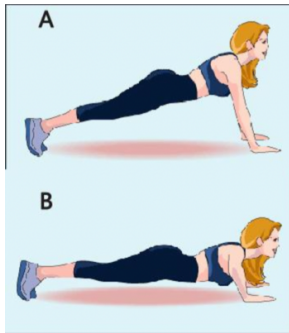


4. Steady Speed Cardio (5-10 minutes, at a reasonable speed to break a sweat)



Intermediate Full-Body Exercises

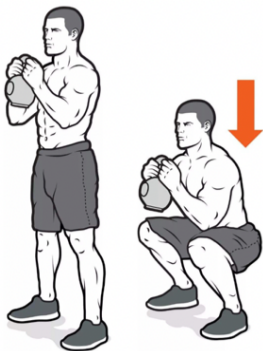
1. Push-Up (8 repetitions, 5 sets)



2. Plank (30-40 seconds, 5 sets)



3. Goblet Squat (8 repetitions, 5 sets)



4. "Super Man" Back Extension (8 repetitions, hold for 1 second at peak contraction, 5 sets)



5. Steady Speed Cardio (5-10 minutes, at a reasonable speed to break a sweat)