

## Down Exercises

1. **Side to Side heel touches** - (30 heel touches) - Abdominal - Start by lying on your back, knees bent, and feet flat on the ground (6 - 8 inches away from your shorts). Touch your Rt. heel with Rt. hand and then Lf. heel with Lf. hand.
2. **Modified Push Ups** - (15 Modified Push Ups) - Upper body - push-up position with knees on the ground
3. **Bicycles** - (30 knee touches) - Abdominal -on back, hands locked behind your head, bring knees toward head alternate touching opposite elbow to opposite knee (right elbow to left knee and left elbow to right knee.)
4. **Hold Push-Ups** - (30 Second) - Upper body - Hold push-up position for 30 seconds.
5. **Burpees** - (10 Burpees) Legs, Core, Upper body - (Down, Out, Down, In, Up) *Down* - squat down with your hands touching the ground, *Out* - kick both legs out together at the same time to a push-up position, *Down* - do one push-up, *In* - bring legs back together into a squatting position, *Up* - jump up.
6. **Push up Planks** - (10 Push up Planks each arm) - upper body - start in a pushup position, put your right forearm flat on the ground then put your left forearm on the ground to a plank position for 5 seconds, then extend your left-hand back up to push-up position and then your right-hand.
7. **V's Toe Touches** - (30 Toe touches) - Abdominal - On back, start with both legs straight in air, alternate touching toes. (Lf hand Rt. toe)
8. **Mountain Climbers** - (30 Mountain Climbers) - Abdominal - Start in push-up position, alternate bringing your Rt. knee to your chest, Lf leg is straight, alternate Lg knee to your chest Rt. leg is straight. Toes should lightly touch the ground when they go back and fourth.