

Become Your Own Hero
People's Summit
Top 8 exercises to stay fit at home

1. Animal Flow

- A. Inchworms
- B. Baby Bear
- C. Mother Bear

Circuit: 20" Work, 15" rest x 3 times

2. Push-ups	(on knees, on toes)	Alejandro
3. Squats	(air squats, single legged with chair)	Alejandro
4. Plank	(static, Plank jack)	Diego
5. Table Top	(static, hip thrust)	Matthew
6. Mountain Climber		Diego

7. Smile Exercise 'Smile - it adds face value' Matthew

8. Mindfulness Meditation - 5 fingers x 2 Matthew

'Proud' Stretch, Gratitude

Question: What is one thing you will apply for your next workout?

Next step:

Join us for a complimentary online bootcamp EVERY Wednesday at 16:30 GMT:
<https://zoom.us/j/832613406>

Move, move well, move often and eat mindfully.