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## A Daily Workout You Can Start Today

### YMCA OF SOUTHERN ARIZONA

For a great full-body workout, perform each exercise 10-12 times before moving on to the next one. Complete one to three rounds of all the moves with 30 seconds of high knees, jumping jacks or marking in place between each round.

1. **Squats.** Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. Hinge your hips back as if you're about to sit in a chair. Keep your head facing forward as your upper body bends forward a bit. Lower down so your thighs are as parallel to the floor as possible (if not, that's okay), with your knees over your ankles. Press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position.
2. **Reverse lunges.** Stand with feet shoulder-width apart, hands at your sides or on your hips. With your right foot, take a large step back, landing with the ball of that foot on the ground and your heel up. Lower the back leg straight down until it gently grazes the ground or close to it, creating a 90-degree angle in the front leg. Push through the heel and mid-foot of the front leg to return to standing, bringing your right foot back in line with your left. Repeat on the left side. That's one rep. (Note: If you have knee issues, or are a beginner, lower your knee only one-fourth of the way down, working within your pain-free range. You can also start with a shorter stride length and increase the distance as you become stronger.)
3. **Kneeling pushups.** Begin in a hands-and-knees position on the ground with your eyes on the floor beneath you and your hands placed slightly wider than shoulder-width apart. Your knees should be at a comfortable distance apart. Inhale as you slowly lower your elbows to bring your stomach to the ground. Be sure to keep your core muscles contracted! Pause for a second and then exhale as you push up from the ground to your starting position. As you get stronger, perform the pushup from your toes.



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4. **One-arm rows.** If you don't have a set of dumbbells, try using a laundry detergent bottle, canned goods, a water bottle or even a milk carton. Leaning over the arm of a couch or chair, you want about a 45-degree bend of your upper body. Keep your back neutral and keep your core engaged. Pull the dumbbell (or makeshift one) up to your side. Keeping your arm close to your body as you pull your elbow back, squeeze the shoulder blade before fully extending your arm back to the starting position. Repeat.
5. **Bicep curls.** Stand tall with your feet hip-width apart. Hold a makeshift weight or dumbbell in each hand with arms at your sides and palms facing forward. Keeping your abs tight and elbows tucked close to your sides, bend your elbows (not your wrists!) to curl the weights up to your shoulders. Pause, and then slowly return to starting position.
6. **Tricep dips.** From a chair or countertop, place palms with fingers forward on the edge of the countertop or edge of a kitchen chair and walk your feet out to a 45-degree angle. Keeping your knees soft and your core engaged, slowly bend knees, while bending elbows backward. Return to starting position. To make this more challenging, try lifting one foot slightly off the floor.
7. **Plank.** Plant hands directly under shoulders, slightly wider than shoulder-width apart, like you're about to do a push-up. Ground toes into the floor and squeeze your glutes. To help neutralize your neck, find a spot on the floor about a foot beyond your hands; you want your head to be in line with your back. Hold the position for 30 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising your form or breath.

Trainer Lynn Montoya, an expert in fitness and nutrition, originally shared this great full-body strength workout on [CNN.com](#)