



# Top Five Anywhere Exercises



These exercises can be done with limited space and no equipment.

## Kneeling Push-ups



Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position.

Modifications – do standing wall push-ups to make easier or with on your toes on the floor to make harder.

## Planks



Start by lying on the ground face down. Place your elbows and forearms underneath your chest, use your core muscles to pull your body and legs off the floor so you are holding your body on your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds. Increase the time as your body gets stronger.

## Squat



Slowly lower your body as if you were going to sit in a chair, bending at the hips and knees, and keeping your weight on your heels. Lower your body down and return to standing.

Modification –use a chair (without wheels) behind you, slowly sit on the edge of the chair and then return to a standing position.

## Jumping Jacks



Start out by stepping one foot out, then the other. As you feel comfortable, work up to jumping both feet out at one time and bring your arms out into a V-position at the same time.

## Running or Marching in Place



Keep it up for 10–30 seconds. This simple exercise gets the heart pumping and works important muscles.