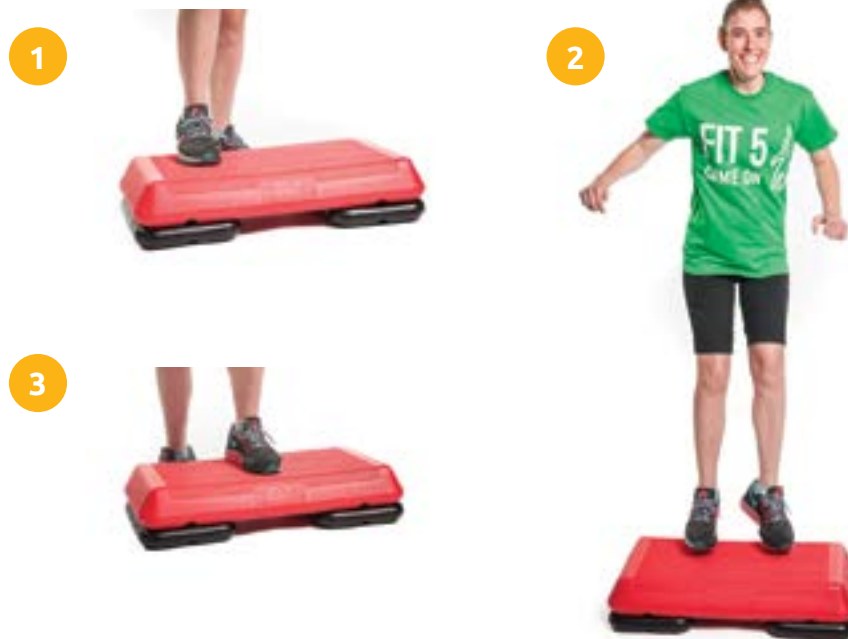


Week 9, Workout 2

LEVEL
5

WARM UP -- (10 minutes) Complete warm up prior to beginning exercises.

ENDURANCE -- (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each rep. Complete three times. Take a 2 minute rest break between each exercise.



STEP UPS WITH JUMP AND SWITCH

You need a stair step or stool for this exercise.

1. Start with your right foot on the step or stool.
2. Push off both feet, jump, and switch your feet. Your left foot is now on the stair and your right foot is on the floor.
3. Once you have your balance, jump again and switch your feet. Your right foot is back on the step or stool and your left foot is on the ground.
4. Continue jumping and switching your feet.

TAKING A SHOWER OR BATH

Showering or taking a bath is how we can get the whole body clean. When bathing, use a wash rag and body soap to remove the dirt and germs from the day. Some people like to shower or bathe every day as part of their routine. The key is to have a routine and stick with it.



Week 9, Workout 2

LEVEL

5

STRENGTH -- (20 minutes) Do 10 of each exercise and then move on. Rest for 1 minute in between each exercise. Complete three times.



FULL PUSH UP

1. Start in a Plank Hold position from Level 4. Put your hands a little wider than shoulders.
2. Bend your elbows and lower your body toward the ground. Try to lower your chest all the way to the ground.
3. Push your body back up to the starting position. Keep a straight line from your feet to your shoulders for the whole exercise.

TAKING A SHOWER OR BATH

As we get older, we release more sweat each day, so a shower can keep you fresh and clean. Some people prefer an every other day routine. That's fine, as you are the one who knows your body best. Like other body parts, our private body parts need to be cleaned and taken care of.



Week 9, Workout 2

LEVEL

5

FLEXIBILITY -- (5 minutes) Do the following stretches for 30 seconds. Make sure to do both sides of the stretch only focusing on one side of the body.

COOL DOWN -- (10 minutes) Following the flexibility exercise, perform cool down.

CROSSED LEG HIP STRETCH

1. Lay on the ground with your right knee in the air.
2. Put your left ankle on top of your right thigh.
3. Grab underneath your right thigh. Pull your thigh towards your chest. You should feel a stretch in your left hip.
4. Switch legs and repeat the stretch.



TAKING A SHOWER OR BATH

Washing hair is not something that needs to be done with each shower. Sometimes, washing hair too much can lead to dryness in the scalp and itchiness. Use a good shampoo (and conditioner if you choose) when you wash your hair to keep your hair clean.

