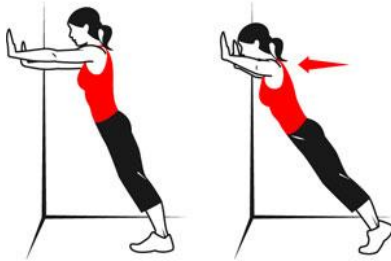


Bodyweight Exercises – Beginner



Wall Push-up

Note: Keep the torso straight, making sure the hips don't go up or down
Muscles Worked: Triceps, Pec Major, Deltoid, Abdominals



Lunge

Note: Make sure your knee does not go out past your toes, keep the back straight
Muscles Worked: Quads, Hamstrings, Glutes



Toe Raise

Note: Do not lock the knees, keep them slightly bent
Muscles Worked: Calves

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.



Leg Lift

Note: Lift one leg behind you while keeping the other leg straight.

Keep the hips straight, try not to pivot

Challenge: Add an ankle weight

Muscles Worked: Glutes, Hamstrings



Leg Raise

Note: Use a mat or towel on the floor to make it more comfortable.

Raise your legs to **90°**, down to **45°**, and repeat.

- Keep knees slightly bent to avoid stressing your lower back

Muscles Worked: Abdominals

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.