



FIT TIP 3

Mix It Up!

Include more variety in your workouts. Keep it fun and try new ways to be active! Maybe you take a brisk walk around your neighborhood, explore a new trail, ride a bicycle, or take a new fitness class. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

Workout:

Complete the following movements, resting as needed. Try to do each set for 10 minutes before moving on to the next set.

Set #1

- Pushups — 10 reps
- Bench Step Ups — 10 reps
- Glute Bridge — 10 reps
- Mountain Climbers — 30 seconds

Set #2

- Squat — 10 reps
- Reverse Lunge — 10 reps
- Jump Squat or Calf Raises — 10 reps
- Pulsing Low Squat — 30 seconds

Set #3

- Wide Pushups — 10 reps
- Burpees — 10 reps
- Side Lunge — 10 reps
- Plank — 30 seconds

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



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