

HAWKS AT HOME

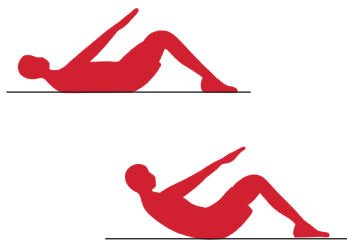
EQUIPMENT-FREE WORKOUTS



Jumping Jacks

Beginner: 20 Advanced: 40

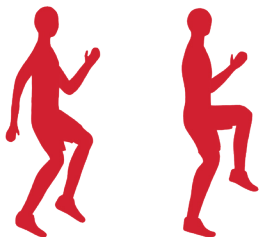
- Stand tall with your feet together and arms by your side.
- Jump while moving your hands to end in a position over your head, with your feet spread wider than your hips



Crunches

Beginner: 25 Advanced: 60

- Lie down on your back. With your feet on the floor in front of you, bend your knees and hold your arms straight out in front of you.
- Lift your upper body, keeping your head and neck relaxed.
- Return to the starting position. (Repeat)



High Knees in Place

Beginner: 30 sets Advanced: 45 sets

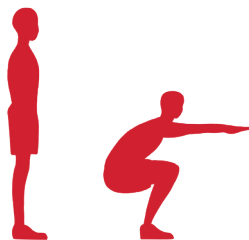
- Start standing with feet at hip-width
- Lift up right knee as high as it will go and raise the opposite arm, then switch quickly so left knee is up before right foot lands. This is one set
- Repeat without stopping until completed



Wall Sits

Beginner: 30 sec Advanced: 1 min

- Start with your back flat against the wall
- Set your feet shoulder-width apart and about 2 ft away from the wall
- Slide your back down the wall, bending your legs until they are parallel with the ground



Squats

Beginner: 15 Advanced: 30

- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head.
- Bend at your knees and hips, sticking your backside out like you're sitting into an imaginary chair, while keeping your back straight.
- Squat down as low as you can, keeping your head and chest up.
- Keep your body tight and push through your heels to bring yourself back to the starting position. (Repeat)

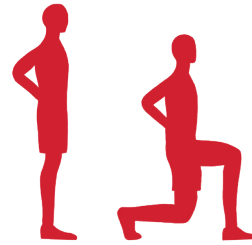


Plank

Beginner: 20 sec twice

Advanced: As long as you can hold it

- Start in push-up position, stabilizing your body and holding the form with your legs and back straight.
- Hold the position for given time.



Lunges

Beginner: 25 Advanced: 40

- Stand with your feet shoulder-width apart, spine long and straight, shoulders back, and your eyes looking forward.
- Step forward with one leg into a wide stance (about one leg's distance between feet) while maintaining spine alignment.
- Lower your hips until both knees are bent at approximately a 90 degree angle. Your front knee should not extend over your ankle, and your back knee should hover above the ground.
- Keep your weight in your heels and push back up to starting position. Repeat on both sides.



Side Planks (both sides)

Beginner: 30 sec per side

Advanced: 45 sec per side

- Lie on your right side, legs extended and stacked from hip to feet. The elbow of your right arm is directly under your shoulder. Ensure your head is directly in line with your spine. Your left arm can be aligned along the left side of your body.
- Lift your hips and knees from the floor. Your back is straight in line with no sagging or bending.
- Hold the position. Change sides and repeat.



Push-ups

Beginner: 10 Advanced: 25

- Start on your hands and knees, placing your hands slightly wider than your shoulders
- Straighten your arms and legs, lifting your hips up
- Lower your body with your arms, until your chest almost touches the floor
- Push yourself back up into the starting position, Keeping your back straight the entire time. (Repeat)