

Exercise Definitions

Sit-up: Start on the floor on your back. Fold your arms across your chest. Bend your knees until your feet are flat on the floor. When you are ready, bring your head and shoulders up toward your knees, slowly lower yourself back down to the floor.

Push-up: Start face down on the floor. Put your hands, palms down on the floor near your shoulders. When you are ready, push with your arms so that your body is lifted off of the floor. Bend your elbows to lower your body down toward the floor. Do not let your body touch the floor. Only your hands and feet should be touching the floor. Your elbows should bend into an "L" shape. Push yourself back up so your arms are straight. Keep your body as straight as possible!

Crab Push-up: Start face up on the floor. Put your hands, palms down on the floor near your shoulders. When you are ready, push with your arms so that your body is lifted off of the floor with your stomach facing the ceiling. Bend your elbows to lower your body down toward the floor. Do not let your body touch the floor. Only your hands and feet should be touching the floor. Push yourself back up so your arms are straight.

Jumping Jacks: Start with your hands at your side and your feet together. When ready, you are going to bring your arms from your sides up toward your head while at the same time you jump and spread your feet apart. On the next jump, you return your hands back to your sides and bring your feet back together.

Ski Jumps: Stand with feet together. When ready, jump side to side, keeping feet together.

Bell Jumps: Stand with feet together. When ready, jump forward then backward, keeping feet together.

Straddle Jumps: Stand with feet together. When ready, jump and spread your feet apart. On the next jump bring your feet back together.

Pretend Rope Jumps: Stand with feet together. When ready, jump up and down, keeping feet together. Pretend to turn a jump rope with your arms while you are jumping.

Arm Circles: Stand with your arms out to the side. Turn your arms in small circles to the front.

Crab Kicks: Sit on the floor with your hands palms down on the floor behind you. Bend your knees so your feet are flat on the floor. When ready, lift your body off of the floor. Lift one foot into the air at a time for a “kick”.

Tuck Jumps: Stand with feet together. When ready, jump straight up bringing your knees towards your stomach. Land gently.

Starbursts: Stand with feet together. When ready, jump in the air. Extend arms and legs into an “X” pattern and then bring them back so your land gently.

Plank: Start face down on the floor. Push yourself up into the “up” part of a push-up. Rest on your forearms and hold. Keep your body as straight as possible!

Mountain Climbers: Start face down on the floor. Push yourself up into the “up” part of a push-up. Hold here. Bring your right knee in toward your chest so that your knee is bent. Keep your left leg out straight. When ready, quickly switch legs so that your left leg is bent and your right leg is straight. Keep your body as straight as possible!

Reverse Mountain Climbers: Start face up on the floor. Push yourself up into air. Hold here. Bring your right knee in toward your body so that your knee is bent. Keep your left leg out straight. When ready, quickly switch legs so that your left leg is bent and your right leg is straight.

Elevators: Stand up straight. When ready, raise your body up onto your toes and then lower back down to the floor. Do this slowly, do not bounce.

Butterfly Stretch: Sit down on the floor. Put the bottoms of your feet together so that your knees bend out to the side (your legs should look like wings). Place your hands on your shoelaces. Relax your knees so they slowly fall toward the floor.

Helicopters: Stand with your arms out to the side. Twist your body so that your arms move in front of you and behind you. Do not spin.

Seated Toe Touch: Sit down on the floor. Put your legs out straight in front of you. Keeping your legs straight, try to touch your toes. If you can't touch your toes, try to touch your socks.

Fingers Together Stretch: Stand up straight. Interlock your fingers, turn them inside-out and stretch your arms up above your head. Hold here.

Wacky Jacks: Start with your hands at your side and your feet together. When ready, you are going to jump and bring your right elbow and right knee together on your side. On the next jump you bring your left elbow and left knee together on your side.

Step-ups: Stand in front of your stairs. When ready, step up on the bottom step one foot at a time. Then step off of the step one foot at a time. Do not walk up and down the stairs. You should only use the bottom step.

Medicine Ball Twists: Sit on the floor. Hold a ball (or toy) on your hands. Lift your feet off of the floor. Twist to the right and touch the ball to the floor. Then twist to the left and touch the ball to the floor.

Stork Stand: Balance on your right foot. Place your left foot on your right knee. Switch feet.

Airplane Balance: Balance on your right foot. Lean forward and extend your arms out to the side like an airplane. Switch feet.

Wall Sit: Find a strong wall (like a brick wall outside). Stand with your back against the wall. Slowly walk your feet out until your body looks like it is sitting in an “imaginary chair.” Do not let your body drop below your knees. Hold your body in this position. Remember to keep your back against the wall.