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## SQUATS

LOWER BODY

10 15 20  
BEG INT ADV

- Stand with feet parallel and shoulder-width apart
- As you squat, raise arms straight out in front for balance
- Continue to squat down until thighs are parallel to floor
- Return to starting position

Tip: Do not allow knees to go forward of toes

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## KICK BACKS

LOWER BODY

8 12 16  
BEG INT ADV

- Begin on floor on all fours
- Kick heel to sky until thigh is parallel to floor
- Hold in raised position for three seconds and release
- Switch legs halfway through set

Tip: Keep head and back aligned. Do not arch neck.

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## JUMPING JACKS

FULL BODY

20 35 50  
BEG INT ADV

- Jump up, spread legs and touch hands over head
- Jump again and return to starting position
- Each time hands touch equals one repetition

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## SWIMMERS

FULL BODY

10 14 24  
BEG INT ADV

- Lie prone with legs together and arms extended to front
- Alternate lifting opposite arm and leg six inches off floor
- Move arms and legs smoothly during the exercise
- Every other arm/leg movement equals one repetition

Tip: Remember to breathe. Do not arch head or neck.

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## FIRE HYDRANTS

LOWER BODY

8 12 16  
BEG INT ADV

- Begin on floor on all fours
- Raise leg directly to the side until parallel to floor
- Hold in raised position for three seconds and release
- Switch legs halfway through set

Tip: Keep head and back aligned. Do not arch neck.

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## THE TRIPOD HOLD

UPPER BODY

:20 :30 :50  
BEG INT ADV

1a.

- Begin in standard push up position with legs spread
- Release one hand and rest it on lower back
- Maintain tight body position for allotted time (in seconds)
- Switch arms halfway through time

Option: Perform exercise on knees if fatigued (see 1a.)

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## PUSH UPS

Wide

UPPER BODY

8 12 20  
BEG INT ADV

1a.

- Place hands wider than shoulder-width apart
- Keeping body straight, lower chest to floor
- Return to starting position

Option: Perform exercise on knees if fatigued (see 1a.)

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## CRAB CRAWL

FULL BODY

:20 :30 :50  
BEG INT ADV

- Begin in seated position on floor
- Use arms to lift buttocks off floor
- Walk forward and backward on palms and heels
- Crawl for allotted time (in seconds)

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## THE BRIDGE

MIDDLE BODY

:20 :30 :50  
BEG INT ADV

- Begin in modified push up position (on knees)
- Slowly lower down to elbows
- Lift knees off floor and hold a tight body position
- Hold for allotted time (in seconds)

Option: Beginners may remain on knees to hold position

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## SUPERMAN

UPPER BODY

40 60 80  
BEG INT ADV

- Lie down on stomach, one arm in front, one arm in back
- Rapidly raise and lower arms eight inches off floor
- Switch arm positions halfway through set

Tip: Keep arms straight during the exercise

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## SIDE LEG LIFTS

Inner

LOWER BODY

12 16 24  
BEG INT ADV

- Lie on side, rest head on hand, face shoulders forward
- Bend top leg so knee points to sky
- Lift bottom leg up and down in a two-foot range
- Pause for three seconds at top of range
- Switch sides halfway through set

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## SIDE CRUNCHES

MIDDLE BODY

16 20 24  
BEG INT ADV

- Begin in sit up position with both knees bent
- Drop legs to one side, cup ears loosely with hands
- Curl torso while keeping shoulders parallel to floor
- Slowly lower upper torso back to floor
- Switch sides halfway through set

Tip: Keep eyes to sky to avoid pulling neck forward

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## CALF RAISES

LOWER BODY

16 24 32  
BEG INT ADV

- Stand with feet together (place hand on wall for support)
- Lift one foot up and rest it behind the other
- Flex ankle of weight-bearing leg as if trying to stand on toes
- Hold at top of extension, lower body down and repeat
- Switch feet halfway through set

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## LIZARDS

MIDDLE BODY

8 12 16  
BEG INT ADV

- Lie on stomach with arms at sides, palms facing up
- Gently raise upper torso about six inches
- Hold for three seconds
- Return to starting position

Tip: Keep head aligned with back. Do not arch neck.

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## BEAR CRAWL

FULL BODY

:20 :30 :50  
BEG INT ADV

- Begin in standard push up position
- Crawl forward on hands and feet
- Continue crawling for allotted time (in seconds)

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## BICYCLE CRUNCHES

MIDDLE BODY

10 14 24  
BEG INT ADV

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Move legs in bicycle motion (elbows to opposite knees)
- Keep heels four inches off floor
- Every knee touch equals one repetition

Tip: Do not fully clasp hands behind head or pull neck up

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## DIPS

UPPER BODY

8 12 20  
BEG INT ADV

1a.

- Place palms behind you on a chair or other flat surface
- Lower upper body until triceps are parallel to floor
- Return to starting position

Option: If chair unavailable, place palms on floor (see 1a.)

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## REACH UPS

MIDDLE BODY

8 12 20  
BEG INT ADV

- Begin on back with legs and arms pointing to sky
- Curl upper body and reach for toes with outstretched arms
- Slowly return to starting position
- Maintain slow and controlled movement

Option: Reach for opposite toes for added variety

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## SIT UPS

MIDDLE BODY

10 15 20  
BEG INT ADV

- Lie on back with knees bent
- Cross arms at chest level, hands on opposite shoulders
- Curl body up, touching elbows to thighs
- Slowly return to starting position

Tip: Keep head and back aligned during movement

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## STAR JUMPERS

FULL BODY

4 8 12  
BEG INT ADV

- Stand tall with knees slightly bent
- Lower to a crouching position with thighs parallel to floor
- Explode up into the air and extend hands to sky
- Land in starting position with knees slightly bent

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## HALF SIT UPS

MIDDLE BODY

8 12 16  
BEG INT ADV

- Lie on back with knees bent
- Cross arms at chest level, hands on opposite shoulders
- Curl body up and stop when elbows get halfway to thighs
- Slowly return to starting position

Tip: Perform with slow and controlled movements

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## ARM ROTATIONS

Horizontal

UPPER BODY

40 60 80  
BEG INT ADV

- Extend arms straight out to sides (parallel to floor)
- Rotate arms in circles while keeping fists extended
- Switch direction of circles halfway through set

Option: Change size and speed of circles for added variety

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## REVERSE CURLS

MIDDLE BODY

8 12 18  
BEG INT ADV

1a.

- Lie on back and cup ears loosely with hands
- Curl legs toward chest while keeping upper body still
- Slowly return legs to fully extended position

Option: Place hands on floor for more support (see 1a.)

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## ARM ROTATIONS

Vertical

UPPER BODY

40 60 80  
BEG INT ADV

- Extend arms above head
- Rotate arms in circles while keeping fists extended
- Switch direction of circles halfway through set

Option: Change size and speed of circles for added variety

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## PUSH UPS

Staggered

UPPER BODY

8 12 20  
BEG INT ADV

1a.

- Place one hand in front of head, the other behind
- Keeping body straight, lower chest to floor
- Return to starting position
- Alternate hand positions halfway through set

Option: Perform exercise on knees if fatigued (see 1a.)

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## KNEE TAPS

LOWER BODY

24 40 60  
BEG INT ADV

- Stand with forearms parallel to floor
- Run in place with knees lifting high enough to touch palms
- Every other knee tap equals one repetition

Tip: Keep head straight and forearms parallel to floor

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## PUSH UPS

Spades

UPPER BODY

4 8 16  
BEG INT ADV

1a.

- Place hands under chest (thumbs touching)
- Spread legs apart
- Keeping body straight, lower chest to floor
- Return to starting position

Option: Perform exercise on knees if fatigued (see 1a.)

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## 8 COUNT BODY BUILDERS

FULL BODY

4 8 12  
BEG INT ADV

- Drop to crouching position with palms on floor
- Thrust legs out behind you
- Lower chest to floor; push up
- Spread legs; legs back together
- Return to crouching position; stand up

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## CROSS COUNTRY

FULL BODY

14 24 40  
BEG INT ADV

- Begin in standing position with knees bent
- Jump up and extend left foot forward and right foot back
- At the same time, swing arms in opposite direction of legs
- Simulate cross country skiing with skis and poles
- Every other arm/leg swing equals one repetition

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## SQUAT THRUSTS

FULL BODY

5 10 15  
BEG INT ADV

- Drop to a crouching position with hands on floor
- Thrust legs out behind you
- Return to a crouching position; stand up

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## SIDE LEG LIFTS

Outer

LOWER BODY

12 16 24  
BEG INT ADV

- Lie on side, rest head on hand, face shoulders forward
- Slowly lift outer leg up and down in a two-foot range
- Pause for three seconds at top of range
- Switch sides halfway through set

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## DUCK WALK

LOWER BODY

8 12 20  
BEG INT ADV

- Begin by stepping into a lunge position
- Step into another lunge position with opposite leg
- You will be making forward progress in this exercise
- Each new step is a repetition

Tip: Do not allow knees to go forward of toes

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## LUNGES

Stationary

LOWER BODY

12 20 24  
BEG INT ADV

- Step into lunge position until thigh is parallel to floor
- With feet remaining stationary, move up and down slowly
- Switch legs halfway through set

Tip: Do not allow knee to go forward of toe

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## CHASE THE RABBITS

FULL BODY

10 20 30  
BEG INT ADV

- Begin in standard push up position
- Rapidly alternate knees to chest (upper body remains still)
- Legs should move as if running in place
- Every other knee to chest equals one repetition

Tip: Keep head aligned with back and look straight ahead

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## OBLIQUE BRIDGE

MIDDLE BODY

:20 :30 :50  
BEG INT ADV

- Support body using elbow and forearm
- Tighten middle body to maintain well-aligned posture
- Hold position for allotted time (in seconds)
- Switch sides halfway through time

Option: Beginners may hold position while on knees

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## LUNGES

LOWER BODY

6 8 12  
BEG INT ADV

- Stand with feet shoulder-width apart and hands on hips
- Step forward and lower body until thigh is parallel to floor
- Step back and return to starting position
- Switch legs and repeat
- Every other lunge equals one repetition

Tip: Do not allow knee to go forward of toe

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## REACH THROUGHS

MIDDLE BODY

10 15 20  
BEG INT ADV

- Lie on back with knees slightly bent
- Extend arms towards knees
- Curl body up and reach hands between legs
- Slowly return to starting position

Tip: Do not swing arms or head to generate momentum

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## PUSH UPS

Narrow

UPPER BODY

6 10 16  
BEG INT ADV

- Place hands narrower than shoulder-width apart
- Keeping body straight, lower chest to floor
- Elbows should be tucked against body
- Return to starting position

Option: Perform exercise on knees if fatigued (see 1a.)

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## BELLY ANGELS

UPPER BODY

8 16 30  
BEG INT ADV

- Lie down on stomach with arms outstretched above head
- Bring arms to sides and then back to starting position

Tip: Touch hands above head with each repetition

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## WALL SITS

LOWER BODY

:20 :30 :50  
BEG INT ADV

- Lean back against wall with feet shoulder-width apart
- Slowly slide down wall until thighs are parallel to floor
- Maintain seated position for allotted time (in seconds)

Option: Stop halfway down wall if fatigued

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## CRUNCHES

MIDDLE BODY

10 15 20  
BEG INT ADV

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Curl upper body to knees, squeeze abdominals
- Slowly return to starting position

Tip: Do not fully clasp hands behind head or pull neck up

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## PUSH UPS

Standard

UPPER BODY

8 12 20  
BEG INT ADV

- Place hands shoulder-width apart
- Keeping body straight, lower chest to floor
- Return to starting position

Option: Perform exercise on knees if fatigued (see 1a.)

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## FLUTTER KICKS

MIDDLE BODY

8 14 28  
BEG INT ADV

- Lie down with hands under buttocks, palms facing down
- Scissor-kick legs 2-3 feet off the floor
- Heels should not touch floor during exercise
- Every other scissor-kick equals one repetition

Tip: Keep slight bend in legs during exercise

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## HALF JUMPING JACKS

FULL BODY

30 45 60  
BEG INT ADV

- Begin in standing position
- Jump up, simultaneously spread legs and raise arms
- Arms and legs move half as far as standard jumping jacks
- Jump back to starting position
- Each time arms go up and down equals one repetition

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## SQUATS

Wide

LOWER BODY

12 18 24  
BEG INT ADV

- Stand with feet wider than shoulder-width apart
- As you squat, raise arms straight out in front for balance
- Continue to squat down until thighs are parallel to floor
- Return to starting position

Tip: Do not allow knees to go forward of toes

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## PUSH UPS

Negatives

UPPER BODY

4 8 12  
BEG INT ADV

- Place hands shoulder-width apart
- Slowly count to five while lowering chest to floor
- Return to starting position

Option: Perform exercise on knees if fatigued (see 1a.)