

## **Do Anywhere Exercise Routine**

**Aim for: 2 - 3 times per week (1 to 5 sets)**



Repetitions: 10-20 (for each side) and forward/back for shoulder rolls

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

[www.aspireperspirenourish.com](http://www.aspireperspirenourish.com)



Repetitions: 10-20



Repetitions: 10-20



Repetitions: 10-20 (each knee)



Repetitions: 10-12

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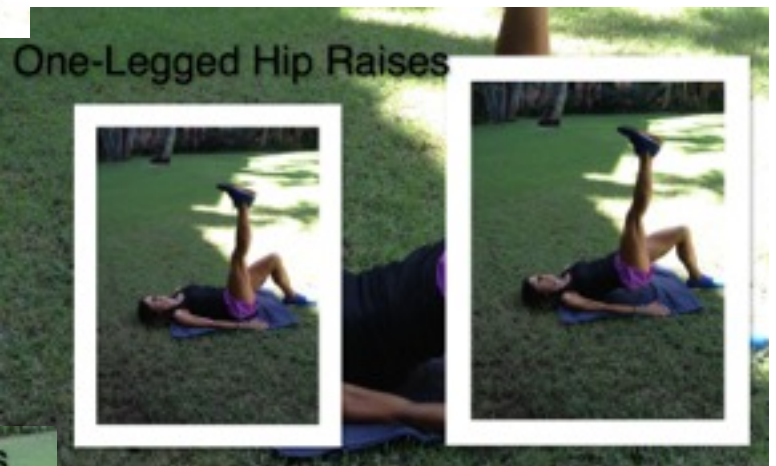
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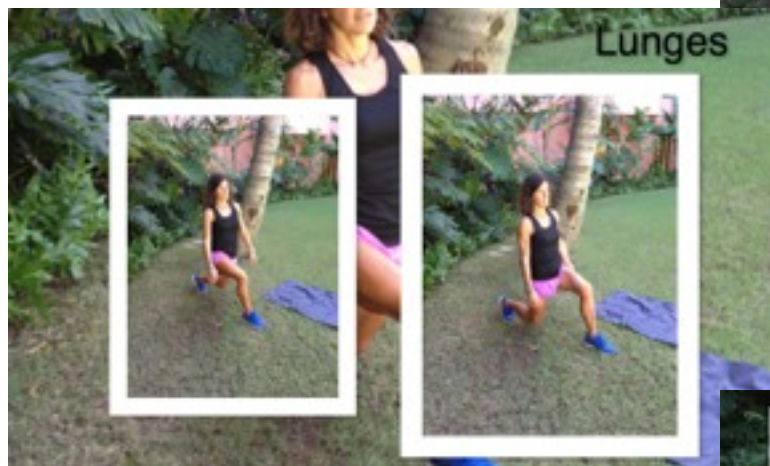
Mountain Climbers

Repetitions: 10-20 (each leg)

Repetitions: 10-20 (each hip)



One-Legged Hip Raises



Lunges

Repetitions: 10-12 (each leg)

Repetitions: 10-20 (each side)



Bird Dog

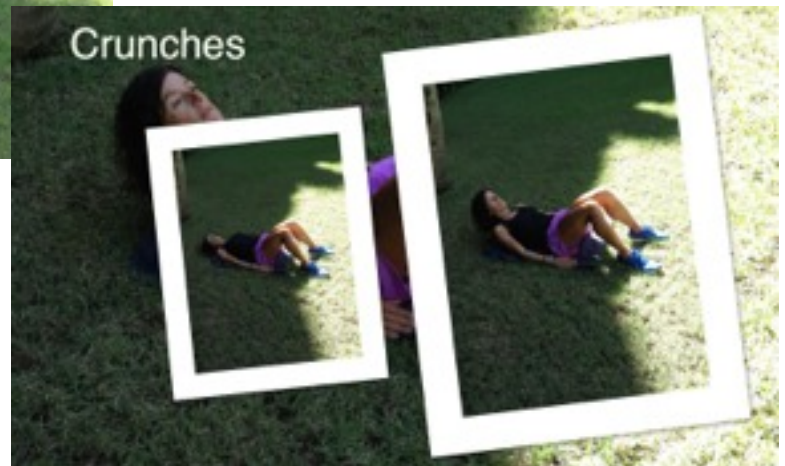
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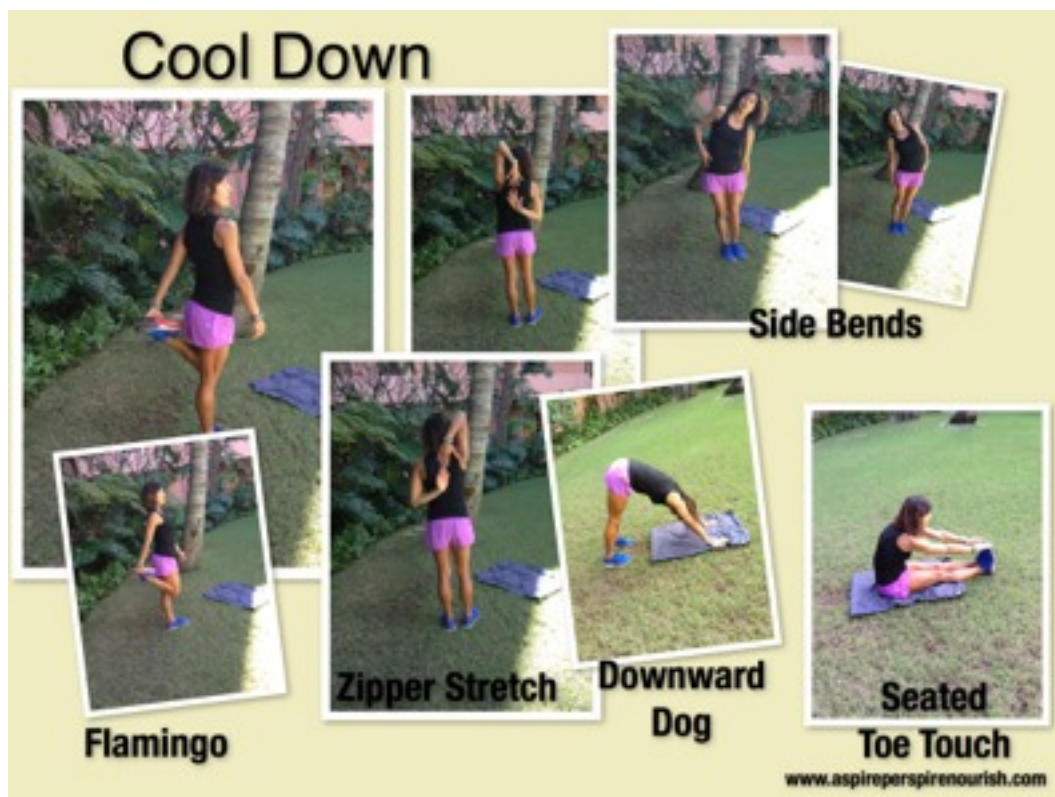
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Repetitions: 10-20 (each direction)



Repetitions: 10-20



Hold  
20-60  
second