Winter Workout

Try 3 rounds:
30 seconds of each exercise

See next page for modifications
Modifications

Modifications help ease someone into a specific exercise whether due to injury or de-conditioning.

**Jumping Jacks:** Step out into a jumping jack, instead of hopping. If your shoulder can go above your head, just them to shoulder height.

**Squats:** Slowly sit into your squat. If you feel any pain or tightness, shorten your squat depth.

**Pushups:** From your knees perform full pushups. You may need to perform half reps to build up your strength.

**High Knees:** March in place at first. Use a wall for balance if necessary.

**Mountain climbers:** Hold a plank position until you can build up to driving your knee to your chest.

**Plank:** Start on your knees and elbows. Do not let your lower back drop.

If you feel any pain or discomfort while performing exercises please contact your health care provider.