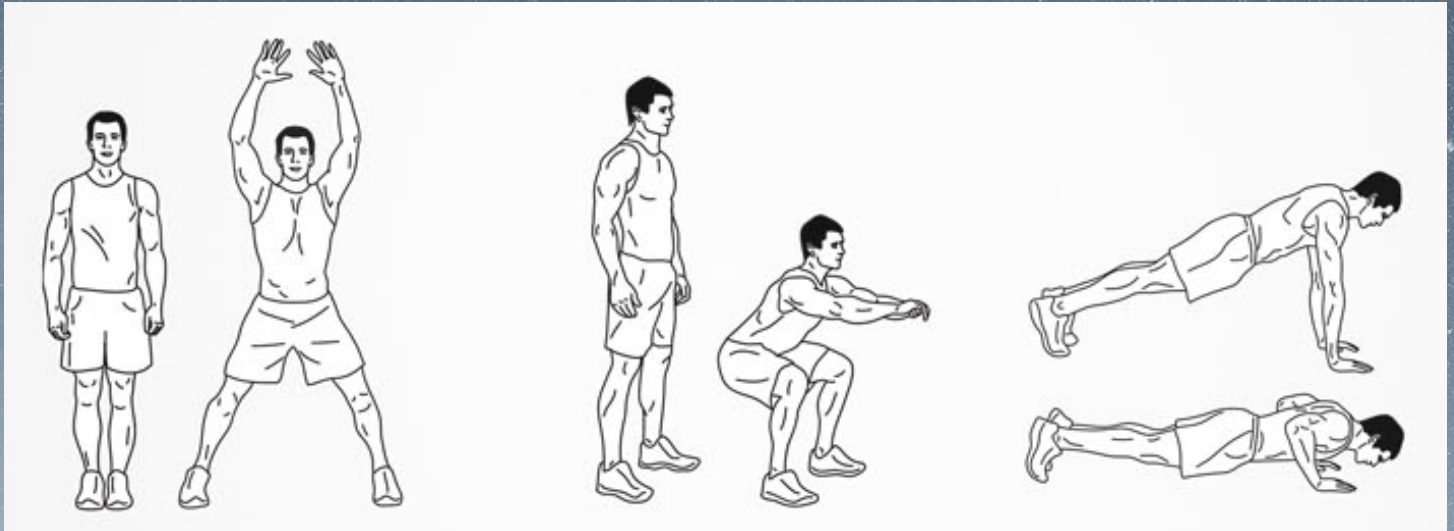


Winter Workout

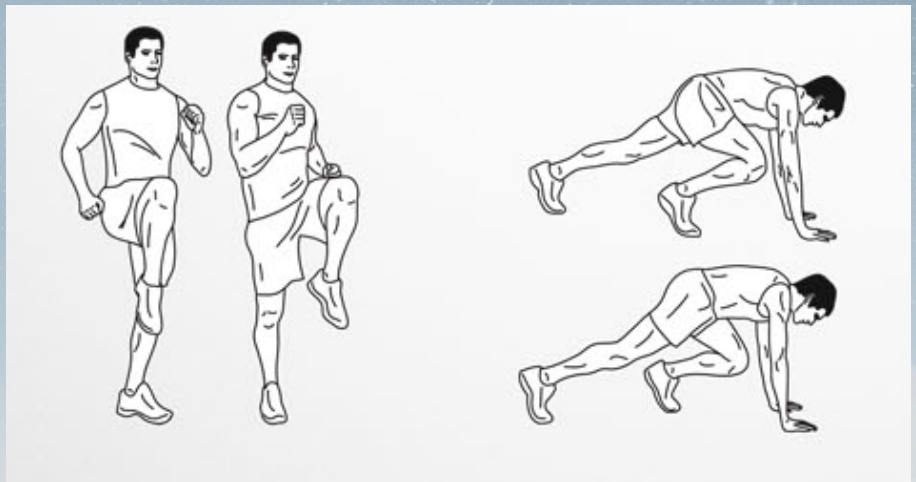


Jumping Jacks

Squats

Pushups

**Try 3 rounds:
30 seconds of
each exercise**



High-Knees

Mountain Climbers

**See next page for
modifications**



Plank



**STUDENT HEALTH
& COUNSELING**

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.