

10 SIMPLE EXERCISES TO KEEP YOU MOVING AT HOME

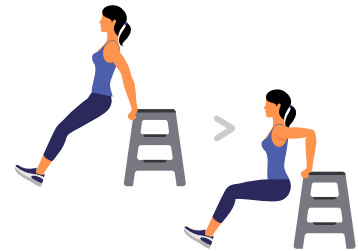
01 PLANK



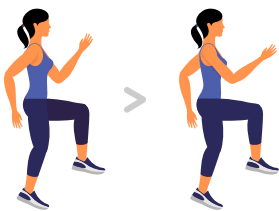
02 LUNGES



03 TRICEP DIPS



04 HIGH KNEES



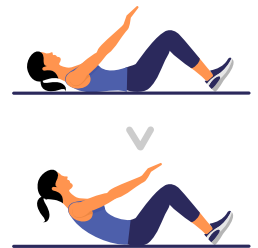
05 SQUATS



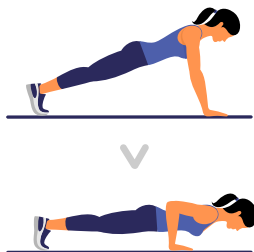
06 WALL SIT



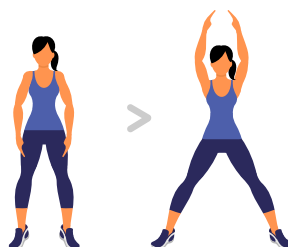
07 CRUNCHES



08 PUSH-UP



09 JUMPING JACKS



10 SIDE PLANK



Make sure you warm up sufficiently to avoid injury

Aim to complete between 10-15 reps for each exercise or 20-30 seconds for plank and wall sit exercises

Stop if you feel any pain or discomfort