

Body Weight Exercises

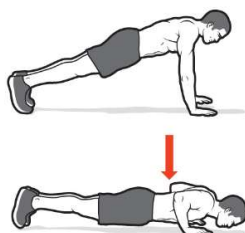
Body weight exercises are the simplest way to get fit. No equipment needed, just a bit of time and space.

Choose any three of the following exercises and do them each day. Set aside a specific time for your workout. Get in to a routine and stick to it—exercise only builds fitness when it is done regularly. Once you have mastered the exercises, choose another three.

The exercises, drawings and text are taken from the Men's Health website:

<http://www.menshealth.com/fitness/bodyweight-circuit-workout>

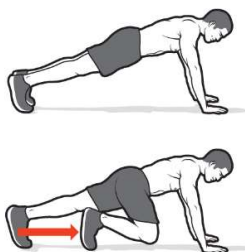
1. Push ups



Drop down on all fours and place your hands on the floor so they're straight and slightly beyond shoulder width. Lower your body until your chest nearly touches the floor, and then push yourself back up as quickly as you can.

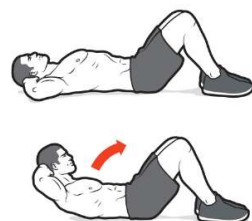
Do 20.

2. Mountain climber



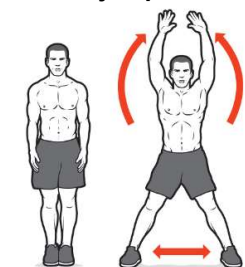
Assume a pushup position with your arms straight. Lift your right foot off the floor and bring your knee as close to your chest as you can, touching the floor with your toes. Repeat with your left leg. Continue alternating back and forth. Do 20.

3. Crunch



Lie on your back with your knees bent and feet flat on the floor. Place your fingertips behind your ears. Now raise only your head and shoulders as you crunch your rib cage toward your pelvis. Return to the starting position and repeat quickly. Do 15.

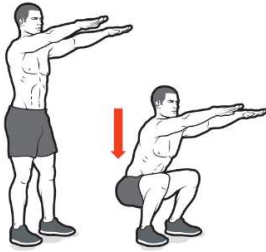
4. Star jumps



Stand with your feet together and hands at your sides. Now simultaneously swing your arms above your head and jump just high enough to spread your feet wide. Without pausing, quickly reverse the movement and repeat.

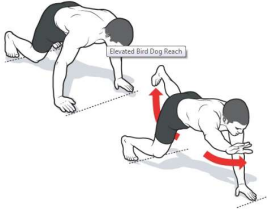
Do 20.

5. Squats



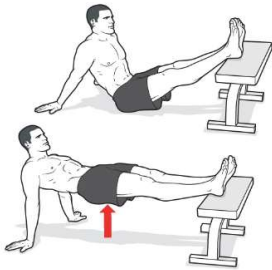
Hold your arms straight out in front of you and stand as tall as you can with your feet shoulder-width apart. Push your hips back and lower your body until your thighs are parallel to the floor. Drive back up to the starting position and quickly repeat. Do 15.

6. Bent knee bridge



Get down on all fours with your hips up and your knees bent 90 degrees but only your hands and feet touching the floor. Raise your right arm and left leg until they're straight and in line with your body. Return to the starting position. Repeat with your left arm and right leg. That's one rep. Do 8 to 10

7. Hip raise



Sit with your heels on a bench, your butt on the floor, and your weight supported on your hands. Raise your hips so your body forms a straight line from your shoulders to your feet. Pause, and then lower your hips back down (but don't let them touch the floor). That's one rep. Do 10 to 12.
