

Week 3:	Exercise	Benefits	Correct form
	Push ups	Biceps, shoulders, chest, back, core	Start in a plank position with your arms a bit wider than your shoulders. Engage your abs, bend your arms and lower your torso close to the floor and push up again. For an easier version, you can do the exercise on your knees.
	Biceps curls	Biceps	Stand up tall with weights in your hands and arms by your side. Bend your elbows and bring your lower arms up towards your shoulders and back down again
	Triceps dips on chair	Triceps	Sit on the edge of a chair. Put your hands right next to your body on the chair, extend your legs straight out in front of you. Lift your body off the chair, bend your arms and lower yourself towards to floor and back up again.
	Lunges	Quadriceps, glutes, hamstrings	Feet hip wide apart. Take a big step forward with one leg and bend your knees to form a 90° angle. Make sure you can see the toes over your front knee. The leg behind should nearly touch the floor. Make small pulses then switch legs.
	Mountain climber	Quadriceps, glutes, stabilizes core	Start in a push up position. Bend one knee and bring it towards your chest and back again. Repeat with the other leg. You can do it slowly or if you want more cardio, you can speed it up.
	Wall chair	Quadriceps, glutes	Find a wall space and lean your back against it. Move your feet away from the wall and lower yourself until you come to a "sitting" position. Your legs should form a 90° angle. Hold the position.
	C-curve arm raises	Abs, arms	Sit on the floor with your knees bent in front of you. C-curve your back, engage your abs and extend your arms straight out in front. Slowly move your arms up to your ears, making small pulsing movements with your arms and come back down again.
	Hip crossover	Core, abs, lower back, obliques	Lie on your back, bent your knees and lift your legs off the floor so they form a 90° angle. Put your arms out to the side, engage your abs and slowly drop your legs to one side without lifting your shoulders off the floor. Bring your legs back up and slowly drop to the other side.
	Superman	Elongates spine, improves posture	Lie on your stomach with your arms straight out in front and your legs straight down the back. Engage your abs and on an exhale lift your arms and legs off the floor. Inhale and on your next exhale lower them back down to the floor.