










Week 2:	Exercise	Benefits	Correct form
	Arm raise	Shoulders, chest, upper back, arms	Stand up tall with your arms straight out to your sides at shoulder level. Lower arms back down to your hips and back up again.
	Standing chest press	Shoulders, chest, upper back, arms	Stand up tall, bring your arms out to the side at shoulder level, bend your elbows to a 90 ° angle so your hands face forward and then extend your arms out straight in front of you.
	Tricep pulses	Triceps	Legs hip wide apart, bend your knees, tip your torso forward keeping a straight back. Engage your abs and extend your arms straight back as far up as you can and just make little pulses upwards.
	Side-lying leg raises	Quadriceps, glutes	Lie on your side in a straight line with one leg on top of the other. Shoulders and hips stacked, toes pointed and your head rested on your bottom arm. Engage your abs, then lift the top leg up and pulse it up and down. Switch sides
	Side-lying inner thigh raises	Thighs, hips, adductors, stabilizes core	Lie on your side in a straight line. Shoulders and hips stacked, your head rested on your bottom arm. Engage your abs and bend the top leg to a 90 ° angle and rest it in front of you on the floor. Move the bottom leg up and down. Switch sides.
	Side-lying double leg lift	Glutes, increases range of motion	Lie on your side in a straight line. Shoulders and hips stacked, your head rested on your bottom arm. Engage your abs and press your inner thighs together. On an exhale, lift both your legs off the floor and on an inhale lower them.
	Shoulder bridge	Abs, back of legs	Lie on your back with your legs bent and arms by your sides. On an exhale strongly engage your ab muscles and then slowly curl your hips off the floor until you are in a bridge position. Take an inhale and on your next exhale slowly come back down to the mat.
	Heel taps	Core, increases mobility in hip joints	Lie on your back, arms by your sides. Engage your abs, put a ball between your knees and bring your bent knees up towards your chest. Press on the ball with your inner thighs and slowly bring your legs down and tap your heels on the floor and bring them up again to your chest.
	Pointing dog	Abs, glutes, lower back, improves balance	Kneel on all fours with your knees right under your hips and your arms under your shoulders. Engage your abs and extend one leg straight behind you and the opposite arm in front of you. Hold for a few seconds then switch.