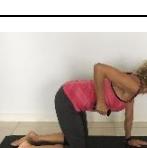


Week 5:	Exercise	Benefits	Correct form
	Reverse hug	Upper back, shoulders, chest	Stand with your legs hip-wide apart and your knees bent. Engage your abs and tilt your upper body forward. C-curve your arms in front of your chest, then bring them out to your sides up to shoulder high.
	Ballet biceps	Biceps, shoulders, chest	Stand with your legs together and your arms out to the side in a slight c-curve with your palms facing up. Slowly lift your arms over your head until they meet and back to the starting position.
	Triceps kick-back	Triceps	Start on all fours with your knees right under your hips and one hand right under your shoulder. Bring the other arm to your side, bent at the elbow. With your abs engaged, extend your arm straight back behind you and slowly come back to your starting position. Repeat on the other side.
	One leg circle	Quadriceps, stabilizes lumbar spine & pelvis, mobility in hip joint	Lie on your back with your legs bent. Extend one leg out straight and make little circles in the air. Repeat with the other leg.
	Leg extension to the side	Abductors	Stand up straight (you can hold on to a chair or wall for balance). Bring one leg out to your side with your toes pointed and make small pulses upwards. Repeat on the other side.
	Leg extension to the back	Glutes, hamstrings	Stand up straight (you can hold on to a chair or wall for balance). Bring one leg out to the side and then backwards and make small pulses upwards. Repeat on the other side.
	Sit ups	Abs	Lie on your back with your knees bent and your feet firmly planted in front of you. Arms by your side and abs engaged. Slowly sit up using your ab muscles to do that. Roll back slowly, one vertebra at a time.
	Bicycle crunch	Core, obliques	Lie on your back with your knees bent and your hands supporting your neck. Lift your shoulders and upper body off the floor and twist your body so your right elbow touches your left knee, which comes up to meet the elbow. The other leg extends out straight in front. Repeat on the other side.
	Low plank to downward dog	Core	Start in a high plank position with your hands right beneath your shoulders. Strongly engage your abs and hold the position for a few seconds before changing to a downward dog position. Hold for a few seconds and return to your high plank.