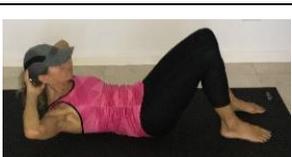


Week 1:	Exercise	Benefits	Correct form
	Arm circles	Shoulders, chest	Legs together, standing tall, arms extended out to the sides making small circles in the air
	Shoulder press	Shoulders, chest, arms	Legs together, standing tall, start with arms straight out to the side and bent at your elbows at a 90 ° angle, raise arms overhead.
	Triceps kick-back	Triceps	Legs hip wide apart, bend the knees, dip torso forward and keep a straight back, pull abdominal muscles in, arms by your side at a 90° angle. Extend your arm straight behind you and then resist coming down.
	Wide-legged plié	Inner thighs, glutes	Stand with your feet wide apart, toes pointing outwards, engage your tummy muscle, concentrate on breathing. Bend your knees and make small pulses up and down. Make sure you can see the toes over your knees.
	Standing leg extensions	Quads, abs, glutes, balance	Legs together, stand up straight, abs engaged, hands on your hips. Bring the right leg out in front of you and make small pulses up and down. Switch to the left leg.
	Squats	Glutes, quads, coordination	Legs hip wide apart, hands straight out in front of you, bend at your knees and "sit" back in an imaginary chair, then come to a standing position again.
	Hundred 1	Core stability	Lie on your back with your legs bent at the knee at a 90 ° angle. Engage your abs. On a breath out lift your head, shoulders and arms off the floor and rapidly move your straight arms up and down a couple of cm while breathing in for 5 sec and out for 5 sec.
	Crunches	Abs, stabilizes core	Lie on your back with your legs bent. Hands behind your head to support your neck. Raise head and shoulders off the floor while contracting your abdominal muscles. Make small little pulses.
	Side crunches	Abs, obliques	Lie on your back with your legs bent. Bring the left hand behind your head to support your neck while the right hand reaches for your right ankle. Keep twisting to the side, then change hands and repeat on the other side.