

SHOW YOUR HEART SOME LOVE

BUILD YOUR OWN HEART-SMART WORKOUT

Get smart about your heart by committing to daily movement at home, work, or on the go. Build your own heart-smart workout by selecting exercises from the list below. Then complete 8-10 repetitions of each exercise to ensure you're getting a heart-pumping workout.

BEGINNER - CHOOSE 3

INTERMEDIATE - CHOOSE 4-5

ADVANCED - CHOOSE 6-8

PLANK RUNNERS



01. Start in a push-up position. Keep your glutes tight, stomach engaged, and constantly push the ground away from you.

02. Alternate driving one knee at a time to your chest as though you were running. **Find a quick, challenging pace** while maintaining good posture and form.

PLANK W/ SHOULDER TAP



01. Start in classic push-up position.

02. Keeping your body tight and in a straight line, reach one hand up and touch the opposite shoulder, then back to the ground.

03. Repeat with the other hand.

BURPEES



01. Standing tall, **jump and reach for the ceiling** with your arms and allow your feet to leave the ground.

02. As you start coming back down, **jump your feet back** so you land in a classic push-up position.

03. Jump your feet into your chest and jump back up reaching your arms to the ceiling. Repeat at a continuous and challenging pace.

PUSH-UPS



01. Start with your hands beneath your shoulders, legs straight behind you, and torso tight.

02. Keeping your torso stable and hips square to the ground, bend your elbows to lower your body toward the ground.

03. Without touching the ground with your torso or knees, push yourself back up.

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HAND WALKS



01. Hinge at the waist and **walk your hands out to a push-up position.**

02. **Keep your legs straight** and walk your toes toward your hands, moving only at the ankles.

03. When you can't continue, **walk your hands back out to a push-up position** and repeat.

JUMPING JACKS



01. **With your body tall,** jump your feet outside shoulder width as you raise your arms out to the side and over your head.

02. **Jump your feet back together** as you bring your arms down to your side, then immediately initiate the next jump.

LATERAL LUNGES



01. **With toes facing forward,** step to the side (greater than shoulder width) and lower your hips to the floor by squatting back and down with the lead leg and keeping the opposite leg straight.

02. Return to the starting position by pushing the ground away with your lead leg. **Keep your chest up and back flat throughout.**

SQUATS



01. Start with your feet about hip-width apart and toes facing forward.

02. Initiate the movement with your hips and **sit back and down until the thighs are parallel to the floor.**

03. **Keeping your chest up and back flat,** return to standing position by pushing through the hips and driving your feet through the floor.