

Fitness Flash Cards

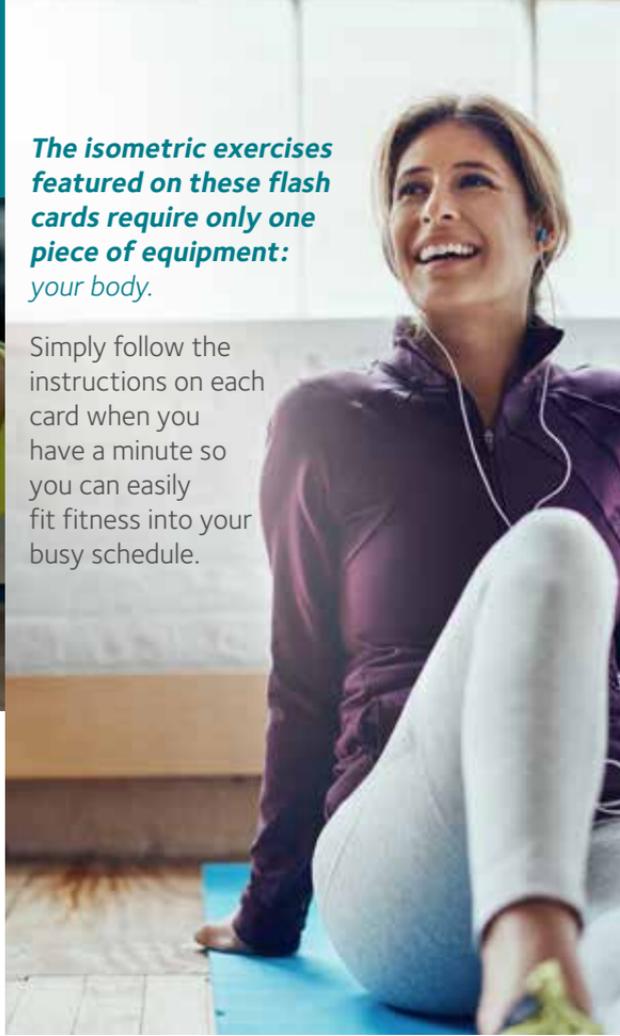


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ADA. Members Insurance Plans

The isometric exercises featured on these flash cards require only one piece of equipment: your body.

Simply follow the instructions on each card when you have a minute so you can easily fit fitness into your busy schedule.





1

PRAYER POSE

1. Place your palms together and press them against your sternum.
2. The tighter you press, the harder it will be.
3. Be sure to keep your shoulders relaxed to avoid unnecessary strain.

Works: Chest



2

WALL SIT

1. Position yourself in the sitting posture with your back against a wall.
2. Hold the position for 5 – 7 seconds and then release it.
3. Repeat this 10 times and gradually increase the hold time.

Works: Thigh muscles



3 FOREARM PLANK

1. Place the forearms on the ground with the elbows aligned directly below the shoulders, palms spread wide.
2. Your arms should be parallel to your body at about shoulder-width distance.

(continued on back)



3 FOREARM PLANK (CONTINUED)

3. Tighten your core and hold this position for 30 seconds and do not let your hips or thighs sag toward the floor. If flat palms bother your wrists, clasp your hands together.
4. You can also do a straight arm (or high plank) to help build upper body strength.

Works: *Core strength*



4 GLUTE BRIDGE

1. Start by lying on your back and bending your knees (this is best on a mat).
2. With your feet placed on the ground hip-width apart, lift your hips up as high as you can so that you create a straight line from your shoulders to your knees.
3. Keep your core engaged and squeeze your glutes.

(continued on back)



4 GLUTE BRIDGE (CONTINUED)

4. Hold your weight on your heels, and do not go up on the toes.
5. Hold the pose for 30 seconds to 1 minute and return to the starting position.
6. Repeat 10 to 20 times.

Works: *Flexibility of the pelvis and lower body, stabilizes core muscles and hips — all while firming up the glutes*



5

WALL PRESS

1. Start in a low lunge position and place hands on the wall at about chest level.
2. Lean into wall and push.
3. The farther down you bend, the more the exercise will target your shoulders. The more you stay upright, the more the exercise will target your chest.

Works: *Shoulder and chest muscles*



6

DRAWING-IN MANEUVER

1. Sit upright on the edge of your chair and grasp the armrests or the edges of the seat pad. You can also stand with your hands on your hips, feet shoulder-width apart.
2. Pull your stomach up and in as far as possible. Imaging pulling your belly button all the way in toward your spine.
3. Hold that position for the count of five to 10, then release. Do five to eight repetitions.

Works: *Core strength even while sitting in class*

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