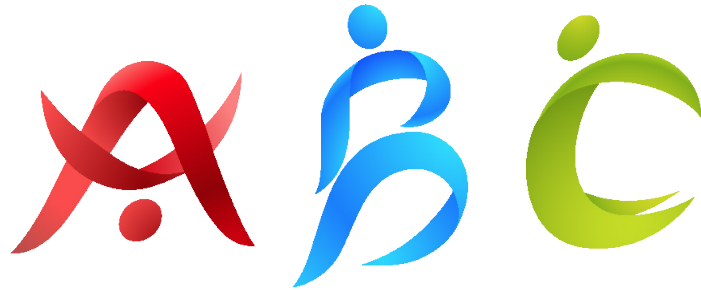




Well-being at Home



Workout for Wellness

Each letter below represents a different exercise that can be done at home without any exercise equipment. Exercises should be completed for 30 seconds. An explanation of each exercise can be found with instructions and demonstrations here: <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/equipment/no-equipment/>

Alyfe will provide a word or phrase each week on the Alyfe Wellbeing Strategies Facebook page to keep you moving.

W Mountain Climbers

O Supermans

R Bear Crawl

K Side Lying Hip Abduction

O Supermans

U Jumping Jack

T Bird Dog

- A.** Bodyweight Squat
- B.** Forward Linear Lunge
- C.** Front Plank
- D.** Glute Bridge
- E.** Push-Up/Bent Knee Push Up
- F.** Quadruped Bent-knee Hip Extensions (Donkey Kicks)
- G.** Reverse Crunch
- H.** Side Lunges
- I.** Sprinter Pulls
- J.** Side Lying Hip Abduction
- K.** Side Lying Hip Adduction
- L.** Side Plank/Side Plank – Modified
- M.** Jump and Reach
- N.** Standing Calf Raises – Wall
- O.** Supermans
- P.** Supine Dead Bug
- Q.** V-Ups
- R.** Bear Crawl
- S.** Plank-Ups
- T.** Bird Dog
- U.** Jumping Jack
- V.** Single-Leg Romanian Deadlift
- W.** Mountain Climbers
- X.** Spider Walks
- Y.** Contralateral Limb Raises Tuck Jumps
- Z.** Supine Hip Flexor Stretch

