



# DAILY EXERCISE

## INTRO

Whether you perform your workout in the morning, mid-day, or at night, this simple explosive routine can enhance your flexibility, endurance, strength, balance, and overall health. Perform all exercises in a slow controlled motion. Focus on form, take your time with each exercise, and slowly inhale and exhale with each repetition.

**This an intermediate, partial workout routine that incorporates Power, Strength, Balance, and Endurance. Perform this routine as needed based on your experience. Do your best to perform the entire routine at your own pace and document your progress each day. If you are having trouble completing the full routine feel free to pick and choose different exercises within this page and create a workout routine that suits your needs! Use the power of the internet to help explain any exercises you may have questions about.**

**To further your fitness journey, become a Natural Course Health Training Member now! Details are listed on our website.**

### **2 MINUTE WARM UP**

(10 SECONDS EACH)

- Arm circles both ways
- Arm across chest (both arms)
- Lying knee to chest (both leg)

- Toe touches (each leg)
- Hip twist
- Jumping jacks (10)

## **YOGA STRETCH**

**(4:30 TOTAL MINUTES)**

- Urdhva Hastasana (Upward Hand Pose) (2 Minutes)
- 30 second break in between sets.
- 2 sets.

### **Instructions:**

- Begin by standing erect, with your feet together and arms relaxed at your side.
- Slowly raise your arms as you inhale deeply. Reach your palms towards the ceiling, touching your fingers together, as you stand higher on your toes.
- Focus on a point in front of you, clear your mind and be present in the moment.
- Slowly exhale as you bring your hands and heels back to your original starting point. Make sure that they return to their mark at the same time.
- Repeat until the time is up.
- Take a 30 second break and repeat exercise.

## **SUPERSET 1: LEGS, ABS**

**(8 TOTAL MINUTES)**

- Wall Squat/Core Twist (1 MINUTE)
- LAYING BICYCLES (1 MINUTE)
- 45 second rest in between sets.
- 3 sets.

### **Instructions:**

#### **Wall Squat/Core Twist**

- Find a wall that you feel comfortable leaning your back up against. -With your back erect, and pressed against the wall, squat your legs, creating a 90- degree bend at your knees.
- Hold this pose for the duration of (1) minute.
- To add more intensity to this workout, slowly twist your core side to side. This will work your abs. As you do this keep your arms raised in front of your body and elbows tucked in. To help, pretend you are holding a ball in front of your body. You could also hold a medicine ball the more comfortable you get in performing the exercise. (After completing this exercise immediately begin the next exercise, Laying Bicycles) **Laying Bicycles**
- Lay flat on your back.

- Place your hands behind your head, and lift your legs.
  - Begin by bringing each leg to your chest, one at a time, in a slow circular forward kicking motion. (like you are peddling a bike)
  - Perform this motion until the designated time is up.
  - To challenge yourself further, lift your shoulders off the floor, putting pressure on your abdomens.
- (After completing this exercise take a 45 second rest then begin another set of wall squat/core twists)

## **1 MINUTE STRETCH REST:**

-ACROSS BODY ARM PULL

## **SUPERSET 2: CHEST, TRICEPS, ABS**

(9 TOTAL MINUTES)

- Wide pushups (30 SECONDS)
- Normal Pushups (30 SECONDS)
- Diamond Pushups (30 SECONDS)
- Plank (30 SECONDS)
- 1 minute between sets.
- 3 sets

### **Directions:**

- Get into a pushup position. To feel more comfortable, you can keep your knees together planted on the floor.
- Place your hands in a wide stance, a little out past the side of your shoulders. Begin to perform push ups for the duration of the workout.
- After the time has ended stay in pushup position but bring your hands to normal pushup form, hands placed evenly with your shoulders. Begin to perform push ups for the duration of the workout.
- After the time has passed bring your hands in even closer, right under your chest. Touch your fingers together creating a diamond shape. Begin to perform push ups for the duration of the workout.
- After the time has passed, begin your plank workout. You can do this by returning to a normal pushup position and holding the position. You can also place your forearms on the ground in front of you with your elbows tucked into your sides. Tighten your core and hold this position for the duration of the workout.

(remember to always keep your back straight and your elbows in while performing a push up. Focus on form and do not get overwhelmed with the timer)

### **3 MINUTE ENDURANCE**

-Mountain climbers (30 Seconds)

-30 second rest

-3 sets

#### **Directions:**

-Get into your normal pushup position, placing your hands on the floor shoulder length apart and elbows tucked in.

-Lift your body off the floor and begin to move each leg back and forth. (like you're running in place)

-Continue this motion for the duration of the workout.

-Take a 30 second rest and repeat.

(Perform this workout with intensity and push yourself. Keep your back straight and focus on your breathing.)

**DISCLAIMER: This is a free sample of some of our exercises to help motivate an individual to start a healthier lifestyle. The information provided on this page is to be used as a guide, and anyone unfamiliar with physical training should have a trainer with them while performing any exercise. Natural Course Health llc is not responsible for any injuries that may occur while performing any of our exercises.**