

# EXERCISES for legs, arms and core

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BEGINNER  
INTERMEDIATE  
ADVANCED

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## BUILD YOUR OWN WORKOUT

Exploring new exercises is a fun way to expand your fitness options. The lists below provide a variety of exercise options for all fitness levels. You can use them to create your very own workout or spice up your existing routine. Instructional how-to descriptions and videos for these exercises can be found online. One good resource is ExRx.net. Have fun exploring new options and developing your very own workout.

### BEGINNER LEGS

- Air squats
- Wall sit
- Leg kick backs
- Fire hydrants
- Step ups
- Calf raises
- Lunges
- Fast feet
- Glute bridge

### BEGINNER ARMS

- Modified push ups (on knees)
- Rows (light weight)
- Overhead press/tricep extension (light weight)
- Power punches
- Arm circles

### BEGINNER CORE

- Sit-ups
- In and out
- Plank
- Toe taps
- High plank (push up position hold)

Check with your health care provider before starting any exercise or activity program.



## INTERMEDIATE LEGS

- Side lunges
- Reverse lunges
- Weighted air squats/goblet squats
- Weighted step ups
- Sumo squats
- Bulgarian split squats
- High knees

## INTERMEDIATE ARMS

- Chair tricep dips
- Shoulder taps
- Push ups
- Close grip push ups

## INTERMEDIATE CORE

- Crunches
- Russian twists
- Bicycle crunches
- Plank/side plank
- Leg raises
- Flutter kicks

## ADVANCED LEGS

- Box jumps
- Jump squats
- Sprints
- Deadlifts

## ADVANCED ARMS

- Chest to ground push ups
- Burpees
- Curls
- Up downs/plank to elbow
- Pull ups

## ADVANCED CORE

- Mountain climbers
- Banana crunches
- V-ups
- Windshield wipers
- Plank jacks
- Hollow hold
- Plank hip dips

