

4 Easy Exercises for Anywhere Fitness

Cardio



Tap Jacks

- Stand with feet together, hands in front of the body.
- Raise arms out to the side and simultaneously step one leg out and tap the foot and return.
- Switch legs. Keep a good pace.
- Perform for 40-60 seconds.

For more of a challenge, try full jumping jacks.

Lower Body



Prayer Squat

- Stand with feet a little wider than shoulder-width apart, hips stacked over knees, knees over ankles and arms by your side.
- Start to sit as if you are going to sit in a chair. While the butt starts to stick out, make sure the chest and shoulders stay upright and the back stays straight.
- Keep head facing forward with eyes straight ahead.
- Engage core and, with bodyweight in the heels, push back up to standing.

Upper Body



Modified Push Up

- Begin on your hands and knees. Your arms should be straight, with shoulders above wrists.
- Rest your knees on the ground, legs together, with your feet suspended in the air.
- Slowly bend your elbows and lower your chest to the floor while maintaining a straight line from the crown of your head to your knees.
- Next, press upwards, engaging your chest and core.

For more of a challenge, try full push-ups.

Core



Tabletop Crunch

- Get onto hands and knees with knees directly below hips and wrists and shoulders in a straight line.
- Keep your eyes looking just in front of you to maintain a neutral spine.
- Extend your right arm forward and left leg back and hold.
- Perform crunches by bringing your left knee to meet your right elbow.
- Repeat on the other side.

This fast but effective workout is aimed at getting your heart rate up and working each major muscle group. No equipment required!

8-12
reps

3
sets

3-5
times
a week

Contact your Distributor for more information and tips.

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