

# WORKOUT & WATCH TV

## 5 SIMPLE EXERCISES



### PLANK

- Begin in standard pushup form: Palms on the floor, arms and legs about shoulder width apart.
- Keep your head in line with your back.
- Hold for 20 seconds. As you build your core, you can increase the length of time.

**Challenge:** Try a one-armed side plank to target the side muscles of the core. This is done by facing left or right, one hand on the floor, the other raised toward the ceiling.



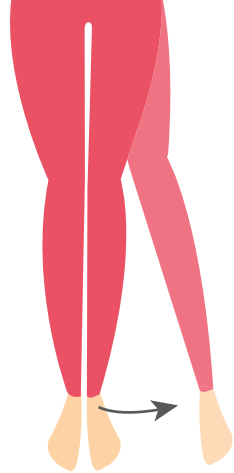
### LONGSIT STRETCH PIRIFORMIS

- Sit with right knee bent, right ankle to outside of left leg.
- Grasp knee and pull thigh across chest toward left shoulder.
- Hold exercise for 10 seconds.
- Relax; repeat with left leg.
- Perform 1 set of 10 repetitions.

### SIDE STEP

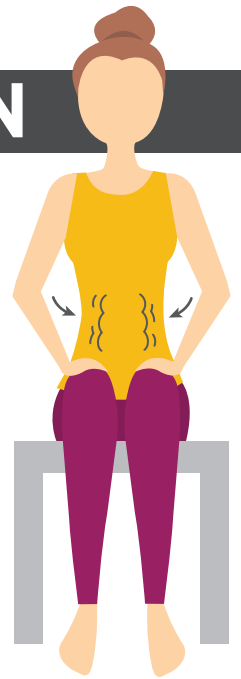
- Start with knees slightly bent and feet together.
- Step to the side with your left foot.
- Step with your right foot to meet your left foot.
- Step 3 times. Keep your steps short and comfortable.
- Repeat the sequence in the opposite direction.
- Continue for 2 to 3 minutes.

**Challenge:** Try adding a lunge to your side step to increase results.



### ISOMETRIC EXERCISE ABDOMEN

- You can remain sitting for this exercise.
- Tighten your abdominal (stomach) muscles for a minute.
- Relax and rest.
- Repeat based on comfort.



### BACK EXTENSION WITH ELBOW PRESS

- Lie face down on your stomach, feet slightly apart, forehead on the floor. Breathe deeply.
- Press up on your forearms, keeping your stomach and hips on the floor. Stay within your pain-free range.
- Hold for 20 seconds. Lower slowly.
- Repeat 2 times.



**Marshfield Clinic**

Don't just live. Shine.