

# FULL BODY EXERCISES



IMANI CLINIC 

## 1. SKATER HOP



1. Stand shoulder-width apart.
2. Bend knees slightly.
3. Jump right as far as you can, leading with your right foot and swinging left leg just behind right.
4. Swing arms across the body to help jump farther.
5. Land on your right foot and bend your knee slightly. Balance on that foot for a second.
6. Jump back to the left, landing on the left foot.
7. Jump as far and as fast as possible while staying balanced.

## 2. SQUAT CROSS KNEE-UP

1. Stand up with hands behind your head.
2. Lift your left leg and move your right arm towards the center of your body.
3. Knee and elbow must touch.
4. Squeeze abs when rotating your upper body.
5. Repeat with right elbow and left leg.
6. Add a squat between each "knee-elbow touch."



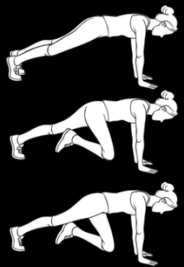
## 3. PUSHUP



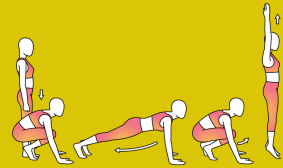
1. Get down on all fours.
2. Place hands slightly wider than shoulder-width apart.
3. Straighten arms and legs.
4. Make sure your arms are bent 45 degrees from your chest.
5. Bend elbows and lower body until chest touches floor.
6. Push back up.

## 4. MOUNTAIN CLIMBER

1. Get into pushup position.
2. Keep core tight and run as fast as you can while driving knees to chest.
3. One leg at a time until all reps done
4. Don't let hips rise; keep them at same height as when you started



## 5. BURPEE



1. Stand feet shoulder-width apart and arms down to your sides.
2. Hands out in front and slightly down, squat down.
3. When hands reach ground, pop legs straight back into a pushup position.
4. Do a pushup.
5. Come back to the pushup position.
6. Jump feet up to palms by hinging at wrist. Get feet as close to hands as you can get, landing them outside your hands
7. Stand up straight.
8. Bring arms above head and jump.

## 6. UP-DOWN PLANK



1. Get into a pushup position.
2. Place one forearm on the ground at a time until both are down.
3. Place one hand on the ground at a time and push back up into pushup position.