

# PERFECT POSTURE | BASIC hit 3 • Mini Workout



<b>DURATION</b>	2-3 minutes
<b>MUSCLE FOCUS</b>	glutes (buttocks), thighs, hamstrings, quads, calves, core
<b>BENEFIT</b>	general strength, stair climbing, walking inclines
<b>DIFFICULTY</b>	intermediate
<b>EQUIPMENT</b>	floor mat, watch / stopwatch / clock to monitor seconds

This routine targets muscles in your lower body and mid-section, allowing you to carry your body with more balanced posture.

## Workout Instructions

- Perform the first exercise for 30 seconds, then immediately perform the second exercise for 30 seconds
- No rests between the exercises!
- Repeat the pair of exercises
- (For extra credit, perform each exercise for 45 seconds)

## Sit-Up

🕒 30-45 seconds

1. Lie on your back with your knees bent, your feet flat on the floor hip-width apart and your arms beside you.
2. Lift your arms off the floor and tuck your chin to your chest.
3. Reach your hands towards your feet as you lift your head, shoulders and trunk off the floor into a seated position.
4. Return to the starting position, controlling the movement as you curl back down, keeping your chin tucked in.



## Bridge

🕒 30-45 seconds

1. Lie on your back with your knees bent, place your feet flat on the floor hip-width apart and your arms by your sides.
2. Lift your hips off the floor pushing through your heels, squeezing your buttock muscles.
3. Lift until there is a straight line from your shoulders to knees, keeping your hips level.
4. Hold this position then gently lower back to the floor.



This workout is designed to improve personal fitness and wellbeing. If you chose to participate in this workout, you understand that you are doing so voluntarily, you certify you can perform the physical exercise, you understand the risks involved, and you fully acknowledge the Terms of Service outlined on our website at <https://simplimove.health/terms-of-service/>