

# WALKING TALL | QUICK fit 1 (standing) • Mini Workout



<b>DURATION</b>	1.5-3 minutes
<b>MUSCLE FOCUS</b>	glutes (buttocks), thighs, calves, shoulders
<b>BENEFIT</b>	walking, hiking, stair climbing
<b>DIFFICULTY</b>	beginner
<b>EQUIPMENT</b>	wall, watch / stopwatch / clock to monitor seconds

This routine builds stronger legs and shoulders. It will help condition you to walk, hike and maintain body balance.

## Star Step

🕒 20-30 seconds

1. Stand with your feet together and arms by your sides.
2. Step sideways onto one leg, and bring your arms out to the sides
3. Return to the starting position and repeat with the other leg.
4. Alternate from side to side as quickly as possible.

## Wall Push-Up

🕒 20-30 seconds

1. Stand up straight facing a wall, and take a step back.
2. Place your palms on the wall at shoulder height and shoulder width
3. Bend your elbows and lean into the wall. Keep your body in a straight line
4. Return to the starting position by straightening your elbows

## Heel Raise

🕒 20-30 seconds

1. Stand with your feet hip-width apart and arms by your sides.
2. Keeping your knees straight, lift both heels and rise on to your toes. Return to the starting position, controlling the movement as you lower both heels.

## Half Squat

🕒 20-30 seconds

1. Stand upright with your feet hip-width apart and your arms outstretched in front of you or hands on hips.
2. Start by pushing your hips back and bending your knees lowering your thighs to ~45 degrees, keeping your chest upright.
3. Keep your knees in line with your feet and knees behind your toes and return to the starting position.

## Workout Instructions

- Perform the first exercise for 20 or 30 seconds, then immediately perform the next exercise for the same duration
- No rest periods between the exercises!
- (For extra credit, perform each exercise for 45 seconds)



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/>