

BODY BOOST | QUICK fit 2 • Mini Workout



DURATION	1.5-3 minutes
MUSCLE FOCUS	core, glutes (buttocks), thighs, shoulders, chest
BENEFIT	general strength of entire body
DIFFICULTY	intermediate
EQUIPMENT	floor mat, watch / stopwatch / clock to monitor seconds

This routine conditions large muscle groups of your entire body. Use this to kick start your day or as dynamic warm up before a longer exercise session

Jumping Jack

🕒 20-30 seconds

1. Start in standing position with your feet together and arms by your sides.
2. Jump landing your feet shoulder-width apart. Land gently using your knees and hips to cushion the landing.
3. At the same time bring your arms out to the sides to above your head.
4. Jump back to the starting position bringing your arms by your sides.

Sit-Up

🕒 20-30 seconds

1. Lie on your back with your knees bent, your feet flat and hip-width apart.
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 bac.

Bridge

🕒 20-30 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, squeezing your buttock muscles.
3. Lift until there is a straight line from your shoulders to knees.
4. Hold this position then gently lower back to the floor.

Knee Push-Up

🕒 20-30 seconds

1. Lie on your stomach with your hands on the floor shoulder-width apart.
2. From your knees, push against the floor with your hands, extend your elbows lifting your chest and body from the floor.
3. Keep your core muscles tight maintain straight line from head to toes, don't allow back to arch/sag. Then lower with your elbows.

Workout Instructions

- Perform the first exercise for 20 or 30 seconds, then immediately perform the next exercise for the same duration
- No rests 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/>