

# RISE & SHINE | REP fit 2 (standing) • Mini Workout



<b>DURATION</b>	4 minutes
<b>MUSCLE FOCUS</b>	glutes (buttocks), thighs, shoulders
<b>BENEFIT</b>	general strength, daily tasks
<b>DIFFICULTY</b>	beginner
<b>EQUIPMENT</b>	wall, watch / stopwatch / clock to monitor seconds

This routine helps activate muscle groups in the upper and lower limbs, providing a full body warmup and short cardio workout.

## Air Squats

🕒 20 seconds

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

## REST

🕒 10 seconds

## Wall Push-Ups

🕒 20 seconds

1. Stand up straight facing a wall.
2. Take a step back and place the palms of your hands on the wall at shoulder height and shoulder width apart, keeping elbows straight.
3. Bend your elbows, taking your chest towards the wall. Keep your body in a straight line and tighten your buttocks and abdominals.
4. Return to the starting position by straightening your elbows, lifting your chest away from the wall.

## REST

🕒 10 seconds

## Workout Instructions

- Perform each exercise for 20 seconds,
- Allow 10 seconds of rest after each exercise
- Repeat the pair of exercises four times (8 exercises in the total sequence)
- (For extra credit perform each exercise for 30 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/>