

BOUNCE BACK | REP fit 4 • Mini Workout



DURATION	4 minutes
MUSCLE FOCUS	quads, hamstrings, thighs, glutes (buttocks)
BENEFIT	general strength, daily tasks
DIFFICULTY	intermediate
EQUIPMENT	floor mat, watch / stopwatch / clock to monitor seconds

This routine builds strength and flexibility in the lower body, and will put more spring in your step!

Side Step Heel Kick

🕒 20 seconds

1. Stand with your feet together, step sideways with one foot and kick your other foot out to the side.
2. Return the back foot to the floor and repeat on the other side.
3. Keep upright, looking ahead as you move, alternating from side to side.

REST

..... 🕒 10 seconds

Bridge

🕒 20 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, keeping your hips level.
4. Hold this position then gently lower back to the floor.

REST

..... 🕒 10 seconds

WORKOUT INSTRUCTIONS

- Perform each exercise for 20 seconds.
- Allow 10 seconds of rest between exercises
- Repeat the pair of exercises four times (8 exercises in the total sequence)
- (For an additional challenge, 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/>