

Full Body Exercise

Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.

Please consult your doctor before undertaking any new exercise routine, and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.

Optional props:

- Chair or supportive prop for balance. Light handweights.
- Key components to keep in mind throughout.
- Engage your core: squeeze your belly muscles together.
- Squeeze your glutes: squeeze your bottom together to activate better posture and muscle strength.
- Shoulders rolled back away from your ears and down.
- Chin away from your chest and neck in line with your spine.
- Repeat each exercise five to 10 times.

Neutral position (between each exercise): Stand tall with your shoulders back and down, hips or pelvis tilting up toward your shoulders or ribcage. Feet facing forward and shoulder-width apart.

Full Body Exercise

Stand with feet hip-width apart and facing forward, stand tall with shoulders back and down.

Take a breath in through the nose and out through the nose.

Roll your neck in circles backward a few times. Repeat in the opposite direction.

Straighten one arm and bring it out to the side, then up above your head. Bring the arm back down, and repeat.

Change sides and repeat the exercise on the other side.

Stand tall with your feet hip-width apart and face forward. Keep a slight bend in the knees—one hand on the chair and the other on your hip.

Sweep the leg closest to your chair straight out in front of you (flexing your toes as if trying to touch your shin) and then back behind you until you feel the squeeze in your lower glute. Repeat, forward and back.

Repeat the leg swing with the other leg.

Return to the neutral position and hold on to the chair with one hand. The other arm is straight down by your side. From the elbow, raise the lower arm to a 90-degree angle, hand facing upward as if holding a plate. Lift the whole arm up and forward (as if you are giving the plate to someone), then lower it back to the 90-degree angle. Repeat, back and forth.

Switch sides and repeat.

Come back to the neutral position. Raise your heels off the floor, hold them at the top, then lower them down. Repeat a few times while focusing on your breath and tightening your core muscles at the same time. Alternatively, raise one foot at a time. Keep going for one to two minutes—slow, steady movements.

Come back to neutral. Place one hand on the chair and one on your hip. Bring your heels together and toes apart in a V-shape. Bend your knees slightly. Keeping the leg in this position, lift one leg forward, keep the knee bent and the foot flexed up, and then come back down. Repeat several times, then switch and do the same with the other leg.

Come back to the neutral position. With a slight bend in your knees, bring both arms straight out and up to the sides to a T-position. Keeping your arms straight, bring them forward, then back out to the T position. Add a little bounce with your knees as you move your arms back and forth.

Return to neutral and roll both shoulders back, down, and around a few times.

Switch direction.

Back to neutral. Bring your hands to your hips and hinge your upper body forward to fold over your hips about halfway down, to a 90-degree angle, then rise back up using your core to bring your body back to its neutral position. Repeat.

Inhale and stretch your arms up toward the sky. Exhale and swoop them back down in front of you. Do a few of these and end with one big stretch up to the sky, then back down.

Don't forget to smile!