

# Strength Exercises

EXERCISES TO DO EVERYDAY TO KEEP UP YOUR STRENGTH DURING QUARANTINE

1. 20 Push Ups

2. 20 Sit Ups

3. 30 Second Plank Hold

4. 30 sec. Mountain Climbers

5. 15 sec. Handstand Hold

6. 8-10 sec. Straddle L Hold on Floor

7. 10 V - Ups

8. 30 sec. Burpees

9. 10 Candlestick, Straight Jumps

10. 20 sec. Front Support Hold

