

SLMC Exercise Program!!!

There are so many different ways to get active during quarantine, and one is the SLMC Exercise Program!! The SLMC staff have made a tutorial video for every exercise found below, so if you need help with anything you can find the video here! Feel free to pick and choose which exercises you want to do, or you can even go through the whole list with 30 seconds of rest in between each exercise! To make it even more exciting, you can set up the [SLMC outdoor exercise circuit](#) and pick an exercise to do in between each obstacle course activity! OR you could write down some of these exercises on pieces of paper or tennis balls, scatter them around your house/yard and have a scavenger hunt for each exercise (and then actually do the exercise when you find it :))! The possibilities are endless, so go get active!

First we gotta warm up! Try any of these options to get your heart racing!

- Running on the spot or around a block for 2-3 minutes
- Side shuffles/walking lunges
- Leg swings X20 on each leg

Let's get moving! Take a rest for 30 seconds in between each exercise!

- Squats X10
- Burpees X10
- Sit-ups X10
- High knees for 30 seconds
- Push-ups X10
- Jumping jacks X15
- Lunges X10 each leg
- Mountain climbers X10 each leg
- Plank for 30 seconds
- Side plank for 30 seconds on each side
- Tuck jumps X15
- Calf raises X10 - for a challenge try them on one leg!
- Bicycle crunches X10

Don't Forget to cool-down! Hold each stretch for 30 seconds!

- Shoulder stretch (both shoulders)
- Tricep stretch (both arms)
- Reach your arms to the sky
- Touch your toes
- Quad stretch (both legs)
- Side lunge stretch (both legs)
- Cat-cow stretch
- Child's pose