

## Day 120 | Group 1 Exercises

- Exercise # 1 Wall or counter pushups

standing pushups (wall or counter) do 10

- Exercise # 2 Upper Body Stretch

wall upper body stretch- you are already at the wall doing your pushups. Stand slightly farther than arm's length from a wall, feet shoulder-width apart. Lean forward and put your palms flat against the wall at shoulder height and shoulder-width apart. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head. Hold your arms overhead for 10 – 30 seconds. Slowly walk your hands back down and then relax. Repeat the stretch three to five times.

Alternate between the pushups and stretch and do three reps of each.

- Exercise # 3 Leg Curl

Stand behind a sturdy chair or next to a wall and place your hands on the chair or wall for stability. Place your feet slightly apart. Slowly lift your right heel toward your buttocks, pause, and then slowly return your right foot to the ground. Repeat with the left foot, alternating between the two for 8 to 12 repetitions.

- Exercise # 4 Hip Extension

Stand behind a chair or next to a wall and place your hands on the chair or wall for stability. Place your feet shoulder width apart. Lift one leg up directly behind your body; keep the supporting leg straight. Using the other leg swing the leg backwards pause, and then slowly return (like a pendulum). Do eight to 12 reps then switch to the other leg.

Do all four exercises in a cycle 3 – 4 times.