

## inerTRAIN Feel Alive Five

Do these five exercises for two or three circuits and see if you don't feel ten times better. No equipment is required!

1. **Supermans** – This exercise strengthens the whole back side of your body, from the back of your knees to your elbows.

Start on your hands and knees. Extend one arm and the opposite leg out until they are straight. Hold for 30 seconds and then switch sides. While holding, concentrate on lengthening your body by reaching forward with your arm and extending your leg straight back. Repeat 2 to 3 times per side.



2. **Bike Abs** – This is one of the most effective exercises for working all of the important core muscles on the front of the body.

Lay on your back with your hands behind your head. Bring your right shoulder and elbow up and twist as you simultaneously pull your left knee into your chest. Don't pull on your neck as you alternate twisting back and forth. To make them more demanding, extend your leg out further and further each time. Try to do between 25-50 reps.



3. **Body Weight Squats** – These will build strength and endurance throughout your entire lower body. You will see a big difference in your legs, and when you do higher repetitions, you will also notice that they help build lung power.

Start with a shoulder width or slightly wider stance, with your toes pointed out slightly. As you start to squat down, keep your weight on your heels, your back straight, and look up slightly. Push the hips back as if you were going to sit down in a chair. Keep your knees wide and remember to stay back on your heels. Squat down slowly at first, going a little lower each time until your thighs are at least parallel to the floor. Try to do between 25-300 reps (yes, 300). Just build up slowly.



4. **Hindu Push-Ups** – This exercise will strengthen and tone the upper body along with building endurance and increasing the flexibility of the spine, hips, and shoulders.

Start with your feet on the floor with your legs shoulder-width or wider apart, depending on your flexibility and your hands on the floor, shoulder width apart. The starting position is butt in the air, head looking back to your heels, with your body making an inverted “V” shape. Begin with straight arms. Push off your legs, keeping your arms straight, and drop your hips toward the ground and look toward the ceiling. Then push back to the starting position.

Keep practicing the straight-arm version until you can do 25 repetitions; then start working on bending the arms more and more as you come down. If this feels too awkward, move your hands further away from your feet. Work up to doing 25 reps while bending your arms on the downward phase.



5. **Wall Walks** – This exercise stretches and strengthens all the muscles along the spine. Increased flexibility and strength in the spine goes a long way toward increasing energy levels and improving overall health. It also works the abdominals as they involuntarily contract when you bend backward. Another important benefit is that it will counteract the built up tension from hunching over a desk.

Stand about a foot or two away from the wall and reach back. Walk down the wall with your hands as far as you can comfortably go, hold for a few seconds and walk back up. Repeat five to ten times.

When most people first begin to work on doing the wall walk, they experience a number of problems. Not only are you going upside down and backward, but you cannot see what you are doing. Everyone who starts doing this exercise will notice how stiff they are in their lower and upper back, as well as the shoulder area. This will quickly improve as long as you don't give up. These benefits are hard to imagine when you are struggling trying to hold for longer times so make sure, at first, you stay within your comfort zone and build up slowly.

