

EXERCISES for legs, arms and core

BEGINNER

INTERMEDIATE

ADVANCED

messa.org/wellness



LEGS LEGS LEGS LEGS
ARMS ARMS ARMS ARMS
CORE CORE CORE CO
LEGS LEGS LEGS LE
ARMS ARMS ARMS
CORE CORE CORE
LEGS LEGS LEGS
ARMS ARMS AR
CORE CORE C

BUILD YOUR OWN WORKOUT

Exploring new exercises is a fun way to expand your fitness options. The lists below provide a variety of exercise options for all fitness levels. You can use them to create your very own workout or spice up your existing routine. Instructional how-to descriptions and videos for these exercises can be found online. One good resource is ExRx.net. Have fun exploring new options and developing your very own workout.

BEGINNER LEGS

- Air squats
- Wall sit
- Leg kick backs
- Fire hydrants
- Step ups
- Calf raises
- Lunges
- Fast feet
- Glute bridge

BEGINNER ARMS

- Modified push ups (on knees)
- Rows (light weight)
- Overhead press/tricep extension (light weight)
- Power punches
- Arm circles

BEGINNER CORE

- Sit-ups
- In and out
- Plank
- Toe taps
- High plank (pushup position hold)

Check with your health care provider before starting any exercise or activity program.



INTERMEDIATE LEGS

- Side lunges
- Reverse lunges
- Weighted air squats/goblet squats
- Weighted step ups
- Sumo squats
- Bulgarian split squats
- High knees

INTERMEDIATE ARMS

- Chair tricep dips
- Shoulder taps
- Push ups
- Close grip push ups

INTERMEDIATE CORE

- Crunches
- Russian twists
- Bicycle crunches
- Plank/side plank
- Leg raises
- Flutter kicks

ADVANCED LEGS

- Box jumps
- Jump squats
- Sprints
- Deadlifts

ADVANCED ARMS

- Chest to ground push ups
- Burpees
- Curls
- Up downs/plank to elbow
- Pull ups

ADVANCED CORE

- Mountain climbers
- Banana crunches
- V-ups
- Windshield wipers
- Plank jacks
- Hollow hold
- Plank hip dips

