









## Get Started Workout!

- Work at your own fitness level, but challenge yourself!
- Minimal equipment- add weight if necessary
- Sets: 2-4, Reps: 10-15
- Complement with walking, stair climbing, elliptical, rowing, cycling, or group classes.
- Schedule this workout with a Certified [trainer](#) to learn modifications and progressions.

<b>STABILITY TO STRENGTH PROGRESSION</b>	
<p><b>1. Plank</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Erector spinae</li> <li>▪ Abdominals</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Whole body stabilization and strength</li> </ul>	
<p><b>2. Glute Bridge</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Glutes</li> <li>▪ Hamstrings</li> <li>▪ Abdominals</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Balances constant flexion in hips of daily living by strengthening core/posterior chain</li> </ul>	
<p><b>3. Superman</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Erector Spinae</li> <li>▪ Glutes</li> <li>▪ Hamstrings</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Balances daily flexion in upper and lower body</li> </ul>	 
<p><b>4. Squat</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Quadriceps</li> <li>▪ Glutes</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Improve sitting, standing, and bending throughout daily living</li> </ul>	
<p><b>5. Bicep Curl to Press</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Biceps Brachii</li> <li>▪ Deltoids</li> <li>▪ Triceps</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Strengthens muscles needed to lift, place objects overhead, and stabilize body when extended</li> </ul>	
<p><b>6. Tricep Dips</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Triceps</li> </ul> <p>Functional Movements:</p> <ul style="list-style-type: none"> <li>▪ Ability to lift and control own body weight</li> </ul>	
<p><b>7. Step Ups</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Quadriceps</li> <li>▪ Glutes</li> <li>▪ Hamstrings</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Strengthen posture and ability to handle own body weight, and extra load</li> </ul>	
<p><b>8. Push Up</b></p> <p>Primary Muscles:</p> <ul style="list-style-type: none"> <li>▪ Pectorals</li> <li>▪ Deltoids</li> <li>▪ Triceps</li> </ul> <p>Functional Movement:</p> <ul style="list-style-type: none"> <li>▪ Pressing, and moving own body weight efficiently with proper form</li> </ul>	