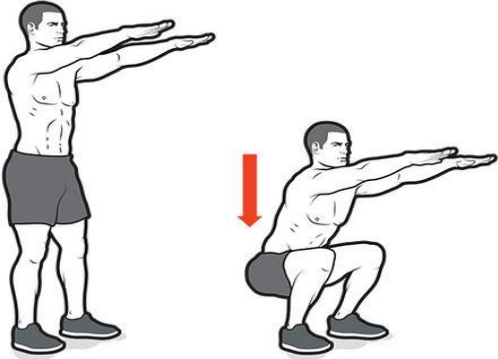
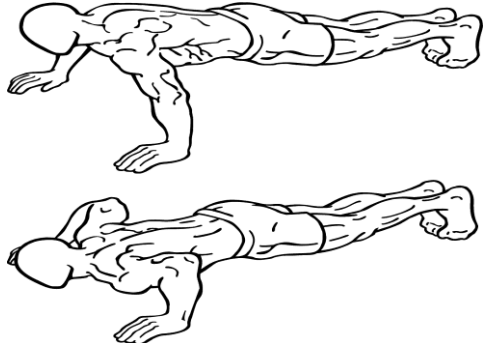

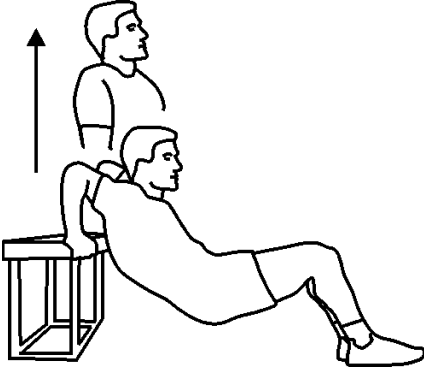
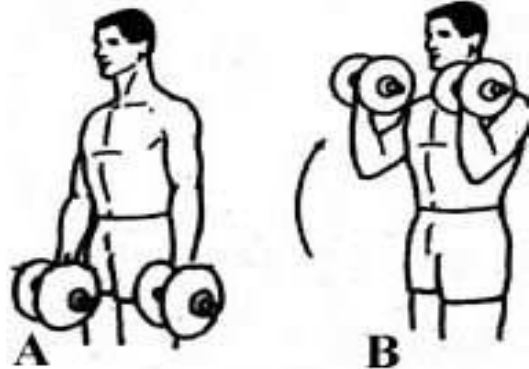
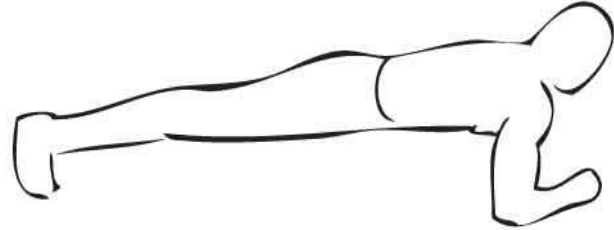


Home Workout

<p><b>Warm-Up</b></p>	<p><b>Squats (20 repetitions)</b></p>	<p><b>Push-Ups (10 repetitions)</b></p>
<p><b>Warm-up:</b> Make sure to get your heart rate pumping and muscles warm or you're just asking for injury. You can run in place, jump rope, pedal on a stationary bike, or jog up and down your stairs.</p>		
<p><b>Rows (10 repetitions)</b></p>	<p><b>Dips (10 repetitions)</b></p>	<p><b>Bicep Curls (10 repetitions)</b></p>
		
<p><b>Plank (30 seconds)</b></p>	<p><b>Rest and Repeat (2-3 times)</b></p>	<p><b>Cool Down</b></p>
	<p>Rest for two minutes and repeat the circuit 2-3 more times.</p> <p>Try to perform the workout 2-3 times a week with a day of rest in between each workout.</p> <p>After four weeks you will notice increases in strength and it will be time to try some new exercises.</p>	<p><b>Cooling-down:</b> Going for a walk or performing some light stretching will get the blood flowing through your muscles and reduce muscle soreness the next day.</p> <p>Aim for 150 minutes of physical activity each week, in bouts of ten minutes or more. That's only 30 minutes a day!</p>

