

# ASCENT HEALTH & FITNESS

women's health & fitness coach

*take control of your health & fitness*

Warm up for 3 - 5 minutes before your workout  
Work through each exercise at your own pace, resting as needed. Rest for 30 - 60 seconds at the end. Repeat 3 - 5 times.  
Don't forget to warm down & stretch when you finish!

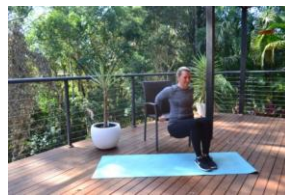
## Push Ups x 15

Do push-ups on your knees or toes depending on your strength. Hands slightly wider than shoulder width, lower your chest to the floor maintaining a line from shoulders to toes.



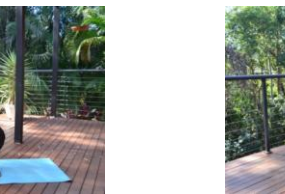
## Bent Rows x 15

Bracing your abdominals gently, bend forward from the hips keeping a line from tailbone to top of your head. Draw elbows back & squeeze your shoulder blades together.



## Tricep Dips x 15

Using a bench, chair or step slide your bottom off so that you are resting on your hands. Slowly bend your elbows to approx 90° then return to start.



## Squats x 15

Standing with feet shoulder width apart slowly lower yourself as though about to sit on a chair keeping your weight through your heels then push through heels to return to starting position.



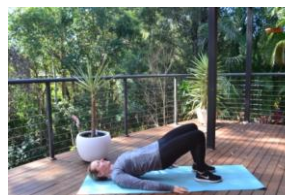
## Mountain Climber x 20

Starting in a push up position maintaining a gentle brace through abdominals. Keeping hips level draw knees into chest alternating one leg at a time.



## Glute Bridges x 20

Lying on the floor with feet flat shoulder width apart squeeze through glute muscles & push hips to the ceiling maintaining the squeeze at the top of the lift.



## Bicycle Crunches x 20

Lying on the floor on your back with knees & hips at 90°, fingertips by your ears, crunch up while rotating one elbow to opposite knee. Other leg extends without touching the ground. Swap sides to repeat.

