

Here are three exercises from *Real Fitness* to get you started today.

### **SUPERWOMAN**

Start position: Place both hands on sturdy chair seat with feet hip-width apart.



1. Keep your abdominals strong, reach your right arm forward and your left leg back. Make yourself longer (pretend you are flying like Superwoman!) Right arm and left leg should be straight and elongated while parallel to the floor.
2. Reach for four counts and lower your limbs.
3. Reach left arm forward and right leg back. Hold for 4 counts and lower.
4. Repeat the entire sequence four to eight times.

#### *Technique moment:*

The abdominals need to be held tight to keep the lower back from arching. If you experience any pain in the lower back, lower the leg and arm until you develop more strength. To increase the intensity, try holding a one-pound free weight (or can of soup) in each hand.

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### **THE WAVE**

Start position: Sit in a sturdy chair with your feet turned out at a 45-degree angle, the knees over the feet. Your knees should be bent at a 90-degree angle.



1. Inhale, rocking forward on the pelvis, eyes to the ceiling.
2. As you exhale, round the chin into the neck and bring the navel to the spine.
3. Inhale and return to start position.
4. Repeat four times.

#### *Technique moment:*

The wave stretches and massages the back and aids in spinal flexibility. It will assist in keeping the spine in optimal condition.

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## **WALL SLIDE**

Start position: Stand with your back against the wall, the feet about eight inches from the wall.



1. Inhale.
2. As you exhale, slowly slide down the wall until you feel like you are sitting in a chair.
3. Hold for four counts.
4. Inhale.
5. Return to start position by pushing the feet into the floor and sliding to a standing position.
6. Repeat four to eight times.

### *Technique moment:*

You can use the ball between the thighs for more stability and/or intensity. There should be no pain in the knees. If there is, do not slide deeply. Buttocks should not slide lower than the knees. Pretend you are sitting in an imaginary chair. While in the seated position of this exercise, try to keep your abdominals in and your shoulders and back of your head against the wall. To increase intensity, hold your arms out to your sides.

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