

## Planks

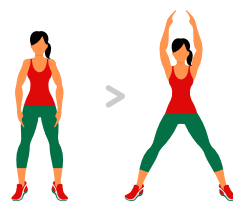


**30 sec Hold 30 sec  
Rest Repeat X 3**



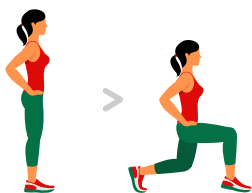
## HCM WELLNESS CENTER NEIGHBORHOOD FIT TRAIL

## Jumping Jacks



**30 sec Active 30 sec Rest  
Repeat X 3**

## Lunges

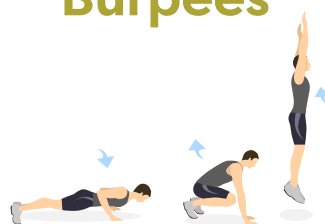


**20 alternating lunges within  
3 minutes L+R=1 lunge**

### PLEASE READ

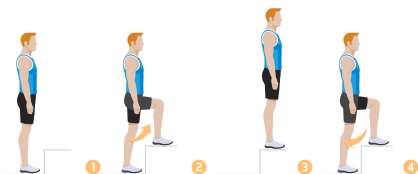
I understand that it is my responsibility to consult with a physician prior to and regarding my participation in an exercise/fitness activity. Please comply with CDC guidelines for social distancing. Please consider wearing gloves to protect your hands.

## Burpees



**20 Burpees  
within 3 minutes**

## Step Ups (up on the curb)



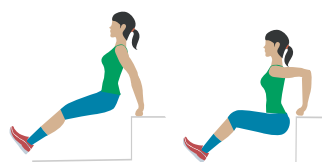
**30 sec Active 30 sec Rest  
Repeat X 3  
Step up Step down  
alternating lead leg**

## Squats



**20 Squats  
within 3 minutes**

## Curb Dips



**20 Curb Dips  
within 3 minutes**

## High Knees



**30 sec Active 30 sec Rest  
Repeat X 3  
Quickly pull knees up**

## Mountain Climbers



**20 alternating lunges  
within 3 minutes  
L+R=1 lunge**

## Push Ups



**20 Push ups  
within 3 minutes**