**Power Terms**

**Reps:** A single complete performance of a movement; at the end of a rep, you are in the same position as you started. One squat, for example, is one rep.

**Set:** A sequence of one or more complete performances of a movement. If you squat 10 times, then rest, that’s one set.

---

**The Plank**

*Strengthens:* Abs, obliques (on either side of your torso), lower back, and shoulders

*Do:* 3 sets of 10-second reps

1. Lie face-down on the floor. Rest your forearms on the floor and clasp hands, keeping your elbows shoulder-width apart.
2. Flex your feet and rise up onto your toes (a).
3. Keeping your back straight, push up onto your forearms, keeping your upper arms perpendicular to the floor (b). Hold for 10 seconds while keeping your back as straight as a board. As it becomes easier to hold the pose for 10 seconds, increase the time spent in plank pose up to 1 minute each rep.

*Advanced Move:* While in the plank position, raise one foot about 5 inches off the ground without shifting your hips. Keep the leg straight, with toes pointed toward the floor, and hold for two to three seconds. Lower your foot, and bring the other foot off the ground; hold for two to three seconds. Switch from foot to foot until you’ve lifted each foot 10 times.

---

**Shoulder Press**

*Strengthens:* Deltoids (shoulder) and triceps (back of the upper arm)

*Do:* 3 sets of 10 reps

1. Hold a can of beans, a book, a bottle of water, or a dumbbell (start with 5 pounds) in each hand. Keep the weight directly over your shoulders at about ear level (a).
2. Press the weights straight up and over your head, keeping your arms as straight as possible (without locking your elbows) and weights in line with each shoulder (b).
3. Bring the weights back down to just above the shoulder. Repeat for 10 reps, building up the number of reps and the amount of weight as you master the exercise. You also can do this exercise with one arm at a time.

---

*Safety First*  
Check with a doctor before making changes in your exercise plan.
**standing push-ups**

**Strengths:** Chest, triceps, and shoulders

**Do:** 10 to 15 reps

1. Place your hands on a sturdy wall or countertop. Keep your hands a little wider than shoulder-width apart, forearms in line with your wrists, and your arms straight (a).
2. Lower yourself toward the wall; go as low as you can without touching the wall with your chest, keeping your torso and neck straight (b).
3. Steadily return to the starting position. Count that as one rep.

**ADVANCED MOVE:** Push up from a lower surface, such as a low step or an inclined exercise bench.

---

**step up**

**Strengths:** Glutes (buttocks) and hamstrings (backs of the thighs)

**Do:** 3 sets of 10 reps

1. Stand in front of a step (a staircase works) that is 8 to 12 inches high.
2. Step onto the step with your right foot (a). Follow with the left foot, using your right leg muscles (not your torso) to lift your left leg (b).
3. Return to the starting position, first with the right foot, then with the left. Repeat 10 times for one set. Build up the number of sets as you master the exercise.

**ADVANCED MOVE:** Instead of a step, step onto a higher surface.

---

**stationary lunge**

**Strengths:** Quadriceps (front of thighs), hamstrings, glutes, hip flexors, and calves

**Do:** 3 sets of 10-second reps

1. Step forward with one foot. Make sure hips and both feet face forward.
2. Raise back heel so only the toes of that foot remain on the ground.
3. Hold for 10 seconds, trying not to wobble. (Beginners can rest a hand on a table or chair for balance.) Return heel to floor and the other foot to the starting position. Repeat from Step 1, beginning with the opposite foot. Count that as one set.

**ADVANCED MOVE:** In lunge position (step 1), drop the back knee until it is parallel to, but not resting on, the floor. Make sure your front knee doesn’t extend past your toes, which can place extra stress on the knee. Push with your front heel to return to the starting position. Count this as one rep.