

Simple stretches!

I believe stretches are a good way to relax from your activities. They help you relax and stretch your muscles. They help you feel better and more energetic. They help you feel better and more energetic. They help you feel better and more energetic.



Planking!

Planking helps you feel like you are relaxing but it keeps you fit. It helps you feel like you are relaxing but it keeps you fit. It helps you feel like you are relaxing but it keeps you fit. It helps you feel like you are relaxing but it keeps you fit.



Exercising

Exercising is an important part of our lives. It keeps us healthy and energized! Research has shown that in Canada, a lot of us youths don't get a lot of physical activity after school. I believe I am **NOT** one of those people. I like to do some situps, pushups, crunches, even some simple stretches. They are good for the body because it works out your muscles. Plus it gets some flexibility in you. Today I shall show you my short workout. I like to do every now and then and list the benefits and/or alternatives



Situps!

I believe situps are a good way to relax from your activities. They help you relax and stretch your muscles. They help you feel better and more energetic. They help you feel better and more energetic. They help you feel better and more energetic.



Pushups!

Pushups are a good way to relax from your activities. They help you relax and stretch your muscles. They help you feel better and more energetic. They help you feel better and more energetic. They help you feel better and more energetic.



Crunches!

Crunches are basically a mini version of a situp. I believe it does more because situp it is only half a situp, you have to hold yourself! which makes your abs muscles work a bit harder. In my opinion, if you would like a six pack quickly, doing a handful of crunches will get you there faster than situps.



Exercising

Exercising is an important part of our lives. It keeps us **healthy and energized**. Research has shown that in Canada, a lot of us youths don't get a lot of physical activity after school. I believe I am **NOT** one of those people. I like to do some situps, pushups, crunches, even some **simple stretches**. They are good for the body because it works out your muscles. Plus it gets some **flexibility** in you. Today I shall show you my short workout. I like to do every now and then and list the **benefits and/or alternatives**.

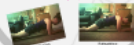


Simple stretches!



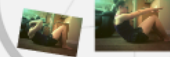
Planking!

Planking helps you find the core strength you need to support your body. It's a great exercise for your core muscles. It's also a great exercise for your back and neck. It's a great exercise for your arms and shoulders. It's a great exercise for your legs and feet. It's a great exercise for your whole body. It's a great exercise for your mind. It's a great exercise for your soul. It's a great exercise for your life.



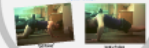
Situps!

I believe situps are a great way to strengthen your abdomen. They also help to reduce waistline. Situps do a lot of good for the body because your stomach will tighten up. It's a great exercise for your core muscles. It's a great exercise for your back and neck. It's a great exercise for your arms and shoulders. It's a great exercise for your legs and feet. It's a great exercise for your whole body. It's a great exercise for your mind. It's a great exercise for your soul. It's a great exercise for your life.



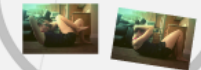
Pushups!

Pushups are a great way to strengthen your chest and arms. They also help to reduce waistline. Pushups do a lot of good for the body because they work out your muscles. Plus it gets some flexibility in you. Today I shall show you my short workout. I like to do every now and then and list the benefits and/or alternatives.



Crunches!

Crunches are basically a mini version of a situp. I believe it does more because situp is only half a situp, you have to hold yourself which makes your abs muscles work a bit harder. In my opinion, if you would like a six pack quickly, doing a handful of crunches will get you there faster than situps.



Exercising

Exercising is an important part of our lives. It keeps us **healthy** and **energized!** Research has shown that in Canada, a lot of us youths don't get a lot of physical activity after school.

I believe I am **NOT** one of those people. I like to do some situps, pushups, crunches, even some **simple** stretches. They are good for the body because it works out your muscles. Plus it gets some **flexibility** in you. Today I shall show you my short workout I like to do every now and then and list the **benefits and/or alternatives.**



Situps!

I believe situps are a good way to strengthen your abdomen. Gets your ab muscles working.

Situps do suck after awhile because your stomach will hurt so I just do about 10 situps each time I workout. I might increase the number of situps whether I feel like 10 is too easy or if I feel invincible.



Pushups!

Pushups are good if you are wanting my upper body strength. It works out the muscles in the top half of your arm where you need strength to push yourself up and down (hence pushup!). I usually do 10-15 pushups when I workout. An alternative if you do not want to or cannot do a full push up you can do what is called a "girl pushup" which is where you can use your knees to support the bottom half of your body.



"Girl Pushup"



Regular Pushup



Regular Pushup



"Girl Pushup"

Crunches!

Crunches are basically a mini version of a situp. I believe it does more because since it is only half a situp, you have to hold yourself which makes your ab muscles work a bit harder. In my opinion, if you would like a six pack quickly, doing a handful of crunches will get you there faster than situps.

