

March on the Move Wellness Routine #1

Improve mobility, range of motion, core strength, and blood circulation with these FIVE quick and easy movements!

Instructions:

- Perform each exercise as shown in the progression pictures.
- For each exercise, complete 10-20 repetitions (reps) or for 30-60 seconds.
- Complete 1—8 sets of each exercise.
- Record your time, reps, and sets in the tracking sheet to monitor your progress!

Words to know:

- ⇒ **Repetition (reps):** Number of times you perform an exercise.
- ⇒ **Set:** Number of cycles of reps that you complete.

Example: You completed 15 squats. That is one set of 15 reps.

1 Toe touches with a calf raise and hands over head

Start with feet hip width apart.



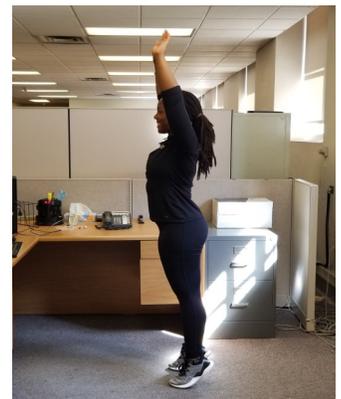
Keep back straight.



Squeeze abs.



Rise onto toes, squeezing calves.



2 Standing Twisted Oblique Crunch

Keep your weight on forward leg.



Bring opposite elbow and knee together.



Step back to start position.



Questions?

Ask the Wellness Gurus!
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3 Alternating High Knees

Start with feet hip width apart.



Keep abs tight, squeeze.



Bring knee to hip height.



4 Seated Oblique Crunches

Sit up with chest up, back straight.



Bring elbow towards hip.



Return to neutral position.



Bend to other side.



Keep abs tight.



5 Front Leg Lifts



1. Lift chest, tighten abs.
2. Lift leg to hip height.
3. Alternate lifts.

Here's how to modify!

Sit up straight, abs tight.



Lift leg forward to 90 degrees.



Use caution! Stationary chairs preferred.

“Let today be the day you give up who you’ve been for who you can become.”

- Hal Elrod