

Pittsburgh on the Move Wellness Routine #3

#MovePGH

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 Palm Squeeze Knee Lift Combination

Start by placing palms together with elbows out.



Squeeze palms together and lift left knee. Relax.



Squeeze palms together and lift right knee. Relax.



2 Seated Abdominal Crunches

Sit up straight. Keep abs tight, neck neutral and arms crossed.



Lean forward. Breathe out and contract abdominal muscles.



3 Seated Front Shoulder Raises

Start with arms extended and palms up.

Raise arms up and bring back down.



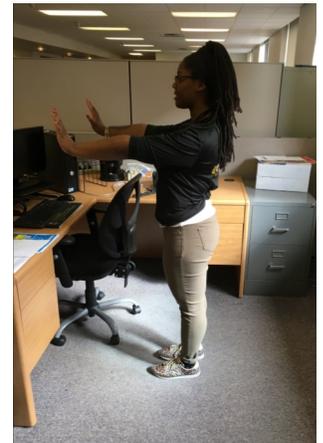
4 Walking Pushups

Begin in standing pushup position.

Retract elbows and take one step back.

Push forward and take one step forward.

Bring feet together



5 Seated External Oblique Crunch

Start by resting arms on arm rest of the chair.

Contract your abdominal muscles. Touch your left big toe with your right hand. Repeat on opposite side.



Questions?

Ask the Wellness Gurus!

city.fit@pittsburghpa.gov

412-255-2183

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