

9 MINUTE STRENGTH

Together these exercises provide a full-body strength workout in 9 minutes. Set a timer for one minute and do each exercise for one minute and then move straight to the next.

For a more advanced workout, complete the full workout and then take a one-minute break and repeat.

This workout has been adapted from Dr. Jordan Metzl and NY Times WELL.

Set #1	Set #2	Set #3
body weight squat	forearm plank	burpee with pushup
pushup	body weight split squat	super (wo)man exercise
mountain climbers	abdominal crunches	leg raises



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by Children's Primary Care Medical Group

How to do each exercise: set 1

Body weight squat

Squats work your legs and your glutes, the most powerful muscle group in the body! As you squat, keep your butt pushed out, like you are about to sit on a chair. Use the muscles in your hips and thighs to push yourself up; don't press your knees forward as you move.

Steps:

1. Stand with your hands on the back of your head and your feet shoulder-width apart with your feet turned out slightly to open the hip joint.
2. Lower your body until your thighs are parallel to the floor.
3. Pause, then return to the starting position.
4. Repeat.

Pushup

Pushups effectively work the muscles in your shoulders and chest.

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Straighten your arms and legs.
3. Lower your body until your chest nearly touches the floor.
4. Pause, then push yourself back up.
5. Repeat.

Modify it: If standard push-ups are too challenging, try them with your knees on the floor. That will reduce the amount of weight you need to lift.

Mountain climbers

Mountain climbers are total body workouts, building strength in your core, back, arms and legs – not to mention your heart.

1. Put both hands and knees on the floor.
2. Place your right foot near your right hand and extend your left leg behind you.
3. In one smooth motion, switch your legs, keeping your arms in the same position.
4. Switch your legs back and forth twice, such that your right leg is again close to your right hand.



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How to do each exercise: set 2

Forearm plank

A commonly seen exercise, plank helps build strength in the core, shoulders, arms and legs. Plank tones your abs and builds strength in your upper body.

1. Assume a push-up position but bend your arms at your elbows so your weight rests on your forearms.
2. Tighten your abs, clench your glutes and keep your body straight from head to heels.
3. Hold as long as you can.

Split Squat

This variation on a squat really targets the quadricep and hamstring muscles in your legs as well as the glutes. If balance is an issue, you can do this exercise close to a wall, resting your hand on it for support.

1. Place your hands on your hips and take a step forward with your left leg, so your stance is staggered.
2. Slowly lower your body as far as you can.
3. When you're as low as you can go, jump with enough force to propel both feet off the floor.
4. Land with your right leg forward.
5. Alternate back and forth for the allotted time.
6. Once you get the hang of this move you can swing your arms in opposition to your legs as if you're running.

Abdominal Crunches

Use your core to raise your upper body. If the movement comes from your head or neck, you'll increase the risk for injury.

1. Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest.
2. Contract your abs and inhale.
3. Exhale and lift your upper body, keeping your head and neck relaxed.
4. Inhale and return to the starting position.



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How to do each exercise: set 3

Burpee with pushup

1. Stand with your feet shoulder-width apart.
2. Squat as deeply as you can and place your hands on the floor. Kick back into a push-up position.
3. Do one push-up.
4. Bring your legs back to a squat and jump up, throwing your hands above your head.
5. Land and repeat.

Super (wo)man

1. Lie on the floor facedown with your legs straight and your arms extended in front of you.
2. Keeping your head in a neutral position (avoid looking up), slowly lift your arms and legs around 6 inches (15.3 cm) off the floor, or until you feel your lower back muscles contracting. Engage your glutes, your core, and the muscles between your shoulder blades simultaneously.
3. Aim to lift your belly button slightly off the floor to contract your abs. A good way to picture this is to imagine you're Superman flying in the air.
4. Hold this position for 2-3 seconds. Be sure you're breathing the entire time.
5. Lower your arms, legs, and belly back to the floor. Repeat.

Leg raises

1. Lie on your back, legs straight and together.
2. Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor.
3. Slowly lower your legs back down till they're just above the floor. Hold for a moment.
4. Raise your legs back up. Repeat.

As you raise your legs, press your lower back into the floor and engage your ab muscles. This will ensure that your core is doing most of the work, not your hips.