

3-MINUTE WORKOUT

Do each exercise for 30 seconds.

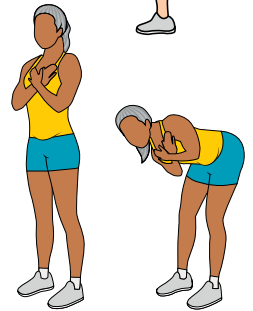
OVERHEAD MARCH

Stand up straight with your arms above your head and hands together. Engage your core. Lift your right knee to waist height. Lower your foot back to the floor and repeat on the left leg. For an extra challenge, hold a weight in your hands above your head.



GOOD MORNING

Stand up straight with your feet shoulder width apart, arms crossed over your chest and hands resting on your shoulders. Slightly bend your knees, engage your core and look forward. Keeping your back straight, slowly push your hips back and lean forward until you are parallel to the floor. Pause for 1 second and slowly come back up. Repeat.



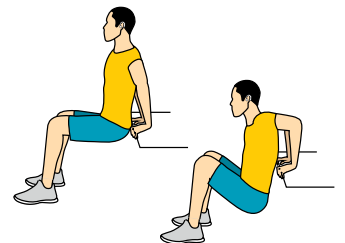
SUMO SQUATS

Stand with your feet slightly wider than shoulder width apart and point your toes slightly outwards. Engage your core. Keep your back straight and slowly lower into a sitting position until your thighs are parallel to the floor. Push through your heels to stand up again. Repeat.



DIPS

Face away from a bench, desk or chair (without wheels). Place your hands shoulder width apart on the edge. Bend your knees to a right angle or extend them in front of you. Engage your core. Slowly bend your elbows and lower your body towards the ground. Slowly push back up into the starting position. Repeat.



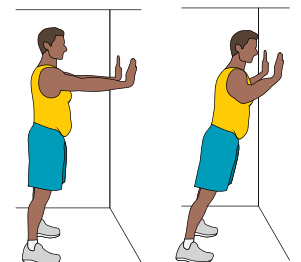
TOE TAPS

Stand up straight with your arms by your side. Slowly lift your right leg up to waist height and reach your left hand to touch as close to your toes as you can. Try to keep your back straight. Lower your foot back to the floor and repeat on the other side.



WALL PUSHUPS

Stand up straight facing a wall with your feet shoulder width apart, about one arm's length away from the wall. Place your hands straight in front you on the wall. Keeping your legs straight, slowly lower your chest towards the wall. Push back into the starting position. Repeat. For an extra challenge, push up from a desk or the floor.



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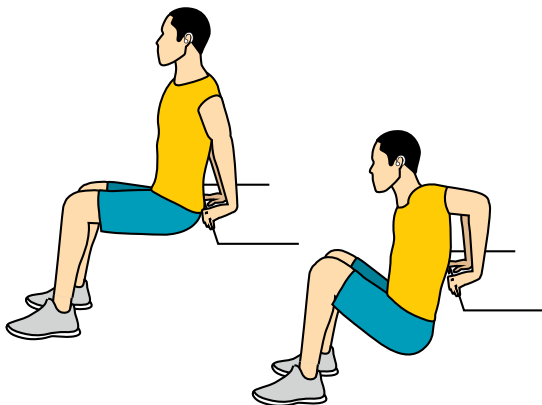
**OVERHEAD
MARCH**



**GOOD
MORNING**



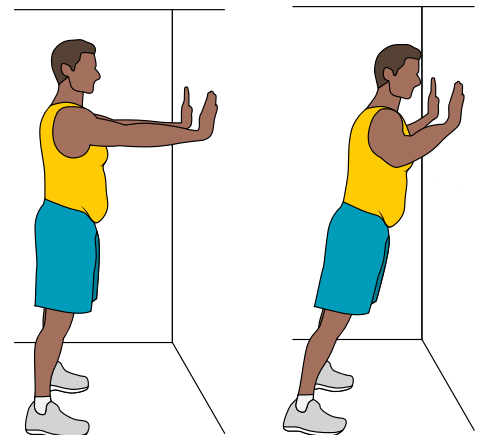
**SUMO
SQUATS**



DIPS



TOE TAPS



**WALL
PUSHUPS**



Government of Western Australia
Department of Health

