



# Home Exercise

*Simple yet effective exercises you can do at home to stay fit and healthy without any equipment.*

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## Upper Body

- Scapula Pushups <sup>1</sup>
- Side Step Jacks
- Cross Tricep Extensions <sup>2</sup>
- 三頭肌撐體
- Sky Diver Push-Ups <sup>3</sup>
- Elbow Clicks
- Backfists
- Burpees
- Knife Hand Strikes
- Push-Up Shoulder Tap
- Dragon Push-Ups

## Lower Body

- Hop Heel Clicks <sup>4</sup>
- Squat to Stands
- March Steps
- Lateral Lunges <sup>5</sup>
- Anchor Lunges <sup>6</sup>

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<sup>1</sup>= 肩胛骨推舉

<sup>2</sup>= 交互式肱三頭肌伸展

<sup>3</sup>= 飛機式伏地挺身

<sup>4</sup>= 跳躍碰腳跟

<sup>5</sup>= Side-to-Side Lunges = 側弓箭步

<sup>6</sup>= 定點弓箭步

- High Knees <sup>7</sup>
- Butt Kicks <sup>8</sup>
- Squat Jacks <sup>9</sup>
- Pacer Steps <sup>10</sup>
- Twist Lunges <sup>11</sup>
- Power Squat <sup>12</sup>
- Lunge Step-Ups <sup>13</sup>
- Squat Hold Calf Raise <sup>14</sup>
- Single Leg Hops
- Half Jacks
- Toe Rolls
- Bridge Taps
- Calf Raises
- Squat Hold Hops
- Side Leg Raises
- Single Leg Deadlifts
- 30 Seconds Sumo Squat Hold
- Heel Get-Ups
- Jumping Lunges
- Squat Hold Calf Raises
- Balance Side Lunges
- Hero Squats
- Squat Hops on the Spot
- Split Jacks
- Toe Tap Hops
- Jump Squats
- Shrimp Squats
- Cossack Squats
- 90/90 Hip Switches

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<sup>7</sup> = 高抬腿

<sup>8</sup> = 後踢腿

<sup>9</sup> = 深蹲跳

<sup>10</sup> = 側向墊步

<sup>11</sup> = 轉體弓箭步

<sup>12</sup> = 強力深蹲

<sup>13</sup> = 弓箭步登階

<sup>14</sup> = 深蹲定格提踵

# Core

- Reverse Snow Angels
- W-Extensions
- Bear Crawl
- Boat Pose Hold <sup>15</sup>
- Climber Taps
- Dead Bugs <sup>16</sup>
- 左右交替摸腳踝
- Body Saw Plank <sup>17</sup>
- Knee Tucks <sup>18</sup>
- 棒式側點腳
- Hollow Hold <sup>19</sup>
- Plank Walk-Outs
- High Crunches
- Flutter Kicks
- Heel Taps
- Plank Punches
- Reverse Crunches
- Sitting Twists
- Knee Crunches
- Knee-to-Elbow <sup>20</sup>
- Back Extensions
- Up & Down Planks
- Climbers
- Plank Crunches
- March Twists
- Bear Plank Hold
- Plank Jacks
- Plank Jump-Ins
- Superman Stretch Hold

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<sup>15</sup> = 船式靜止

<sup>16</sup> = 死蟲式

<sup>17</sup> = 滑行平板

<sup>18</sup> Variations: Seated Knee Tucks, Jumping Knee Tucks

<sup>19</sup> = 抱膝捲腹

<sup>20</sup> = 膝蓋碰手肘

- Sit-Ups
- One Arm Plank Hold
- Cross Crunches
- Shoulder Taps
- Elbow Plank Arm Raises
- Plank Leg Raises
- Side Bridges
- Plank Step-Outs
- Plank Rotations
- Scissors
- Plank Rolls
- Knee-in & Twist
- RTO Push-ups <sup>21</sup>

## Stretching

- Side Bends
- Chest Expansions
- Standing Torso/Trunk/Spinal Twist
- Windmill Twist
- Scorpion Twists
- Spiderman Stretch

## Yoga

- Upward Downward Dog
- Reverse Table Top Pose <sup>22</sup>
- Pigeon Pose <sup>23</sup>
- Frog Pose <sup>24</sup>
- Corpse Pose <sup>25</sup>
- Tree Pose <sup>26</sup>

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<sup>21</sup>RTO = Rings Turned Out

<sup>22</sup>= Ardha Purvottanasana = 反向桌式

<sup>23</sup>= Kapotasana

<sup>24</sup>= Mandukasana

<sup>25</sup>= Savasana

<sup>26</sup>= Vrikshasana