



HEALTHCHECK WORKOUT

Rest 30–60 seconds between exercises and 1–2 minutes between rounds.

Beginner: 1 round

Intermediate: 2–3 rounds

Advanced: 4+ rounds

****Check with doctor before beginning any exercise routine and modify moves as needed****

H – High Knees (Cardio)

Duration: 30 seconds

Tip: Drive your knees up to waist level and pump your arms._

E – Elbow Plank (Core)

Duration: 30 seconds

Tip: Keep your body in a straight line, elbows under shoulders._

A – Alternating Lunges (Legs)

Reps: 10 each leg

Tip: Step back and lower until both knees are at 90 degrees._

L – Lateral Raises (Shoulders)

Reps: 12

Tip: Use light dumbbells or water bottles, raise arms to shoulder height._

T – Triceps Dips (Arms)

Reps: 12

Tip: Use a sturdy chair or bench, keep elbows close to your body._

H – High Knees (Cardio)

Duration: 30 seconds

Tip: Drive your knees up to waist level and pump your arms._

C – Crunches (Abs)

Reps: 20

Tip: Keep your lower back on the floor and avoid pulling your neck._

H – High Knees (Cardio)

Duration: 30 seconds

Tip: Drive your knees up to waist level and pump your arms._

E – Elbow Plank (Core)

Duration: 30 seconds

Tip: Keep your body in a straight line, elbows under shoulders._

C – Crunches (Abs)

Reps: 20

Tip: Keep your lower back on the floor and avoid pulling your neck._

K – Knee Tucks (Seated or Lying) (Core)

Reps: 15

Tip: Pull knees toward your chest and extend legs back out._