

## **RNST Gym Exercises**

### **Balance**

**Toe Lifts** – two feet

**Toe lifts** – one foot

**Leg rotations** – balance on one foot & rotate leg

**Stork** – Balancing on one foot, lift knee to chest, bring down and straight out back

### **Stretch**

**Upper body rotations** – arms over head, clasp fingers, sway to sides

**Peeing dog** – on all fours lift one leg at a time sideways and stretch leg

**Bird Dog** – on all fours – extend opposite arms and legs

**Butt lifts** – on back use stomach muscles to lift butt off floor

**Butt lift** - on back use stomach muscles to lift one leg off floor

**Leg Squats**

**Jumping jacks**

**Shortstop** – bend with hands on knees, slowly move hands to ankles **Wood chop** – clasp ax over the head, chop down, bending knees, feet flat, bring ax to floor

**Knee kiss** – sitting, two hand grasp on one knee and bring to chest, hold 6 seconds and release

**Neck roll** – sitting w/legs crossed, in relaxed manner rotate head

### **Strength**

**Jump in place**

**Push ups**

**Side lying leg lifts**

**Leg squats**

**Superman** – on stomach arms out front – lift arms and legs **Sit ups** (crunches)

**Leg lifts** - On stomach lift leg about 1 foot, toe pointing down

### **Similation**

**Skating Jump** – jump to front right (small second hop), jump to left

**Lttle Bunny Foo Foo's** - Skating jump from side to side touching foot on every third jump

**V-1**

**V-2**