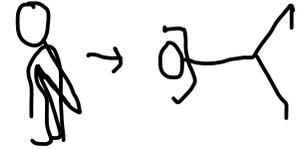


Activity: Paper Plate Workout - time to work your body.

What you need: 2 paper plates right side up or 2 small towels. Do a slide test on your floor to see if they slide easily.

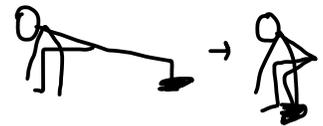
Sliding Pushup Jack

- With the plates under your feet, squat down, placing your hands on the floor next to your feet and wider than shoulder-width apart. Slide your feet back into a wide V and you lower your body into a down pushup. As you press up, straighten your arms. Bend your legs and slide your knees between your arms, tucking them into your chest. That's one rep.
- Do 10 reps total.
- **Tip:** To make sliding your legs easier and work your abs more effectively, focus on drawing your abs in tight to your spine as you tuck your knees.



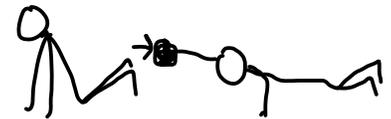
Sliding Thigh Slimmer

- Begin in a runner's lunge with your right leg bent and forward between your hands on either side of your right foot. Left leg is straight and behind you. The paper plate should be under your left foot. Bend your left knee and slide your leg into your chest, squeezing your knees together. Quickly extend your left leg back out to your full lunge. That's one rep.
- Do 15 reps on the right leg, 15 on the left.
- **Tip:** Pull your belly button into your spine as you slide your knee in to really engage your abs.



Sliding Triceps Pushup

- Begin at the top of a modified pushup position (on your knees) with your hands on the plates, shoulder-width apart. Bend your left elbow and lower into a pushup (keeping your arm close to your body) as you slide your right arm straight out on the floor and above your head. Press back up, sliding your right arm in. That's one rep.
- **Tip:** Think of pressing your shoulders down as you slide your arm back in at the top of your pushup. This will help engage your back muscles.



Heel Curl Crunch

Target your abs and your hamstrings with this multi-muscle move!

- Sit with your hands behind your head, spine straight. Bend your knees and flex your feet so that just your heels are pressed into the plates. Slide your legs out straight as you hinge back, lowering all the way down to the floor with your body, sliding your legs out into a wide 'V' position. Bend your knees and use your abs to return to your starting position, sliding your heels into your body as you sit up. That's one rep.
- Do 15 reps total.
- **Tip:** Focus on digging your heels into the plates to work your hamstrings.

