





































adventX Daily Dozen

12 exercises in 12 minutes: Do each exercise for 45 seconds, then rest for 15 seconds.

1	STEAM ENGINE Active Stretch: Warms up front and side core muscles, upper back, and hip flexors.	 <p>1. Stand with hands behind head.</p>	 <p>2. Left elbow to right knee.</p>	 <p>3. Return to standing.</p>	 <p>4. Right elbow to left knee.</p>	Repeat.
2	TOE TOUCHER Active Stretch: Warms up the core and hamstrings.	 <p>1. Stand with legs apart and arms out to sides.</p>	 <p>2. Bend at hips, touch right hand to left foot.</p>	 <p>3. Return to standing.</p>	 <p>4. Touch left hand to right foot.</p>	Repeat.
3	TWISTER Works the oblique (side abdominal) muscles and the core.	 <p>1. Stand with legs apart and arms straight out to sides.</p>	 <p>2. Keep hips facing forward, twist upper body to the right.</p>	 <p>3. Pulse.</p>	 <p>4. Pulse and turn a little further.</p>	Repeat to the left.
4	HALF MOON Works the abdominal and side muscle groups.	 <p>1. Stand with legs together and arms straight above head, palms together.</p>	 <p>2. Lift and bend upper body to the right, keeping arms straight.</p>	 <p>3. Return to standing.</p>	 <p>4. Lift and bend upper body to the left, keeping arms straight.</p>	Repeat.
5	3/4 SQUAT Strengthens the quadriceps (front upper leg muscles).	 <p>1. Stand with legs together and hands at sides.</p>	 <p>2. Bend knees as if you were sitting in a chair. Sweep arms forward and up above head.</p>	Repeat.		
6	LUNGES Strengthens and increases flexibility in quadriceps and hamstrings.	 <p>1. Stand with legs together and arms on hips.</p>	 <p>2. Step right leg forward bending front and back legs to 90-degree angle. Sweep arms forward.</p>	 <p>3. Return to standing, arms on hips.</p>	 <p>4. Step left leg forward. Sweep arms forward.</p>	Repeat.
7	PLIÉ Makes your butt tight.	 <p>1. Stand with legs apart, feet turned out.</p>	 <p>2. Bend knees out to sides. Sweep arms forward and up.</p>	Repeat.		
8	PUSH UPS Strengthens core, abs, pectorals (chest), shoulders, and arms.	 <p>1. Place arms below shoulders. If necessary lower knees to ground.</p>	 <p>2. Keeping body straight, lower down until chest is 2 inches from ground.</p>	Repeat.		
9	CROCODILES Strengthens and flattens lower abdominals, strengthens lower back.	 <p>1. Lay on back, place hands under buttocks, lift right leg high, lift left leg a few inches, keep lower back pressed in to floor.</p>	 <p>2. Switch position of legs, moving left leg up and right leg down. Keep straight leg lifted off floor.</p>	Repeat.		
10	SCISSORS Strengthens abs, lower back, and thighs.	 <p>1. Lay on back, place hands under buttocks, lift legs a few inches and spread them wide apart. Keep lower back pressed in to floor.</p>	 <p>2. Cross right leg over left, keeping legs raised.</p>	 <p>3. Return legs to straddle, keeping legs raised.</p>	 <p>4. Cross left leg over right, keeping legs raised.</p>	Repeat.
11	STEAM ENGINES ON BACK Strengthens full range of abdominals.	 <p>1. Lay on back, hands behind head. Hold right leg a few inches off the ground. Bend the left knee and touch to the right elbow.</p>	 <p>2. Straighten left knee and bend right knee, touching right knee to left elbow. Keep straight leg a few inches above the ground.</p>	Repeat.		
12	PLANK The ultimate tummy flattener.	 <p>1. Clasp hands together and balance on fore arms and toes. Hold position, keeping body very straight.</p>				



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