



























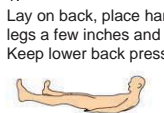








adventX Daily Dozen

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



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