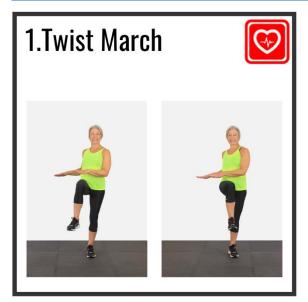


Fitness WELLth Challenge 2025 9 Minute Workout Guide



WEEK-1-Balance & Mobility



INSTRUCTIONS

- Start with high knee marching on the spot, engaging your abdominal muscles and maintain an upright posture.
- Bring your hands to waist level, palms facing down, elbows are bent to a 90° angle.
- Then as you march turn your upper body, so that your hands move over the lifted knee.
- Continue with the twist march for the minute maintaining your posture.
- Modification: Omit the twist



INSTRUCTIONS

- Start with a stretch band under your feet, holding each end in a fist at your sides. Shoulders back and down away from your ears.
- Brace your abdominal muscles, push your hips back and down away from your knees.
- Raise your fists holding the band forward and up as far as you can maintain your shoulders away from your ears.
- > Pause and return to start continue for the minute.
- Modification: Omit the band and do air squats.



INSTRUCTIONS

- Start in a forearm plank on a mat, with your abdominal muscles braced, shoulders away your ears, spine in neutral position.
- Tap your left foot out to the left and bring your knee towards your elbow. Return to start position.
- Repeat for a right foot tap and then continue alternating foot tap knee to elbow spider plank for the minute.
- Modification: Standing alternating side tap knee up.