

Healthy Hoosier Challenge Exercise Instructions

It is important and crucial to do the exercise correctly keeping the correct form. If you need to modify the exercise please do so.

Bear walk - With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.

Crunches - Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale. Exhale and lift your upper body, keeping your head and neck relaxed. Inhale and return to the starting position.

Dribble Challenge - Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving

Grape vine - Perform the grapevine to the left by following this foot pattern: Left step (to the left), right step (behind the left foot), left step (again to the left), right tap (place ball of foot next to the left foot). Then switch to the right: Right step (to the right), left step (behind the right foot), right step (to the right), left tap (place ball of foot next to the right foot). Repeat side to side. [Video](#)

Jumping Jacks - Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to the starting position. Repeat. [Video](#)

Lunges - Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position. [Video](#)

Mountain Climbers - Performed from a plank position, you'll alternate bringing one knee to your chest, then back out again, speeding up each time until you're "running" against the floor. [Video](#)

Oblique Jacks - Stand with your feet hips width apart and place both hands behind your head. Bend your right knee up and tilt your left elbow down so that your left elbow and right knee meet in the middle of your body. Return back to your starting position and repeat on your left side.

Plank - Lie on the ground on your stomach. Raise your body up to have your forearms on the floor. Keep your back flat and rear tucked tight. [Video](#)

Pulse Squats - Place your feet shoulder width apart. Bend your knees to get in a squat position. While maintaining your squat, pulse up a few inches and then return to the squat position.

Push ups - Begin with your chest and stomach flat on the floor. ...

Exhale as you push from your hands and heels, bringing your torso, chest, and thighs off the ground. Pause for a second in the plank position — keep your core engaged.

Inhale as you slowly lower back to your starting position. **MODIFIED** - Balancing on your knees instead of your feet is another good modification while you build your strength. Begin in a hands and knees position with your gaze at the floor.

Place your hands on the ground on either side of your shoulders. Your knees should be at a comfortable distance apart.

Inhale as you slowly lower your elbows to bring your chest toward the ground. Be sure to keep your core muscles contracted.

Pause for a second in the lowered position — your chin may lightly touch the ground.

Exhale as you push up from the ground to your starting position. [Video](#)

Reverse Lunges - From a standing position, step one foot back about 2 feet and lower your back knee to hover about 2 inches above the ground, maintaining a 90 degree angle on your back leg. Push through your feet to bring your back foot forward to meet your standing leg. Alternate legs each rep.

Side lunges - From a standing position with your toes pointing forward step one foot out to your side about 2 feet and sit your hips backwards to initiate a bend at the knee until your thigh reaches as close to parallel to the ground.

Side shuffle - Extend one leg to the side of your body and shuffle the other leg toward it. Keep your chest up and your feet straight as you continue shuffling for several seconds. Repeat the exercise in the opposite direction. [Video](#)

Squats - Keep your feet shoulder width apart. Bend your knees to a squat where your rear is parallel to the floor. Hold for a half of a second and return back up. Be sure to do this exercise slow and in rhythm. Do NOT do the squats as fast as you can as this puts undue stress on your knees. [Video](#)

Squat Jumps - Keep your feet shoulder width apart. Bend your knees to a squat where your rear is parallel to the ground. From this position spring up and jump as high as you can off the ground. Repeat. [Video](#)

Straight Leg Deadlift - From a standing position with your knees slightly bent and your arms in front of your body, put your weight in one leg. Keep your back as straight as possible and bend at your hips so that your upper body makes its way forward and your lifted leg makes its way backward, eventually both parallel to the ground in a "T" position. Return slowly to the starting position and alternate legs.

Step ups - To start, place your entire right foot onto the bench or chair. Press through your right heel as you step onto the bench, bringing your left foot to meet your left so you are standing on the bench. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor. [Video](#)

Triceps Dips - Grip the front edges of a chair or bench with your hand. Hover your butt just off and in front of the seat, feet flat, and legs bent so thighs are parallel to the floor. Straighten your arms. Lower your body toward the floor until your arms form 90-degree angles. Then, engage your triceps to press back to start. [Video](#)

Vertical jumps - Place your feet shoulder width apart. Jump up as high as you can reaching for the sky. Repeat.

Wide arms - As fast as you can complete: 10 Arm Circles front & back, 10 Forward punches, 10 Raise the Roof's Repeat 3-5x

Wide stance punches - Place your feet wider than shoulder width apart. Slightly bend the knees and punch the air straight out as fast as you can.