

SQUATS

STRIVE POWER-UP STATION

How to Squat

1. Stand with your feet hip- and shoulder-width distance apart; turn your toes slightly out and plant your heels
2. Keep your spine neutral, shoulders back, and chest open
3. Start the squat by sending the hips back as if you're sitting back into an invisible chair. Keep your chest lifted and bend your knees as far as possible.
4. Aim to bend your knees to at least a 90-degree angle before returning to a standing position. Aim to do three sets of 10!

Modifications

Bad knees? With your back against the wall and feet hip-width apart, take about 2 steps out from the wall, turn your toes out slightly. Slide down the wall until you are in a seated position, return to standing. Repeat!



See how it's done!



WALL PUSH-UPS

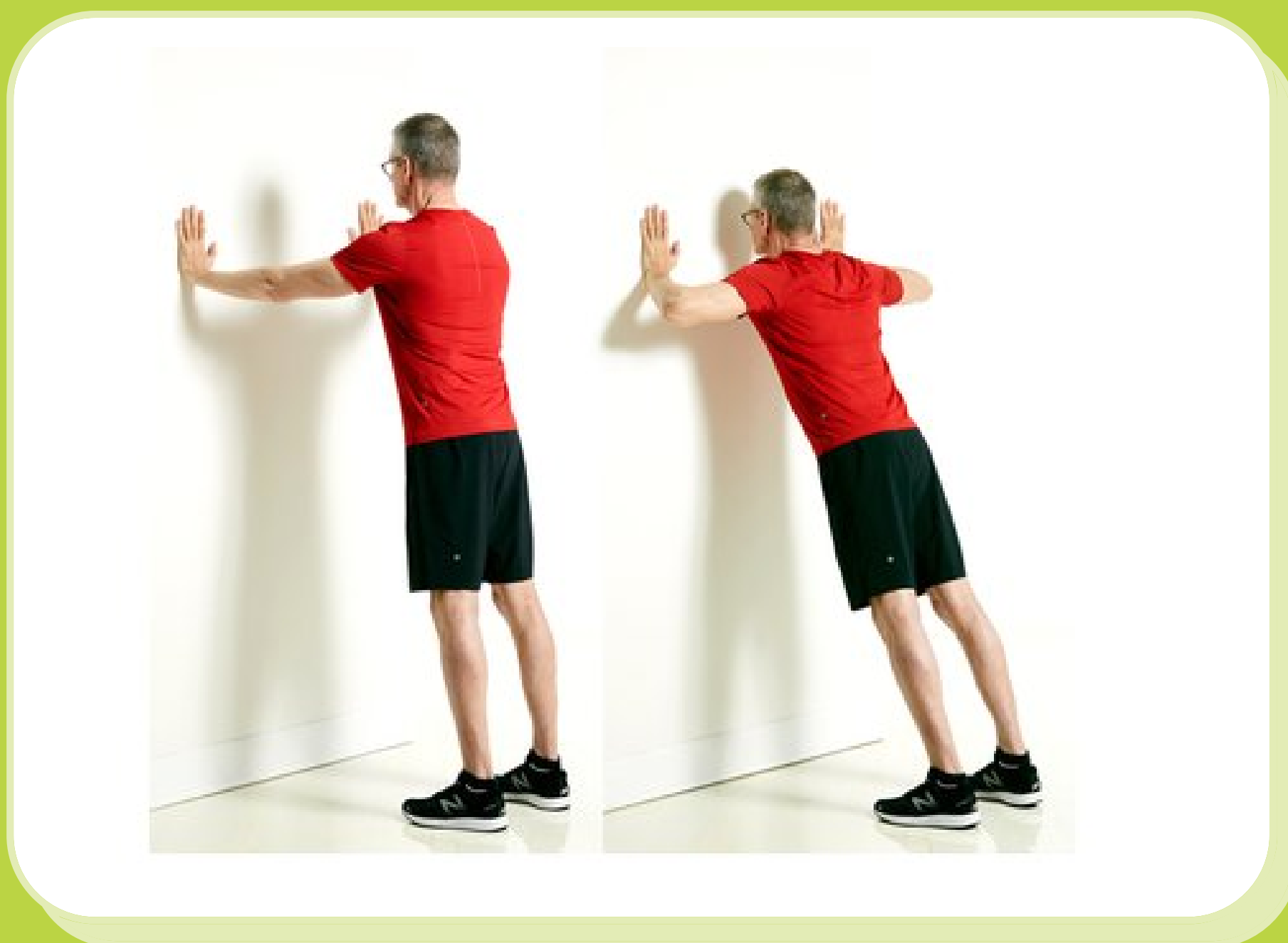
STRIVE POWER-UP STATION

How to do Wall Push-Ups

1. Stand around an arm's length from the wall with your feet hip-width apart.
2. Place both palms on the wall at around shoulder-level height and shoulder-width apart, with your fingers pointed toward the ceiling. If you feel like you're reaching too far, move your feet closer to the wall.
3. Slowly bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Keep your back straight and elbows bending at around a 45-degree angle.
4. Slowly push back to the starting position. Aim to do three sets of 10!

Modifications

Want to make it harder? Instead of a wide hand placement, create a triangle with your fingers against the wall.



See how it's done!



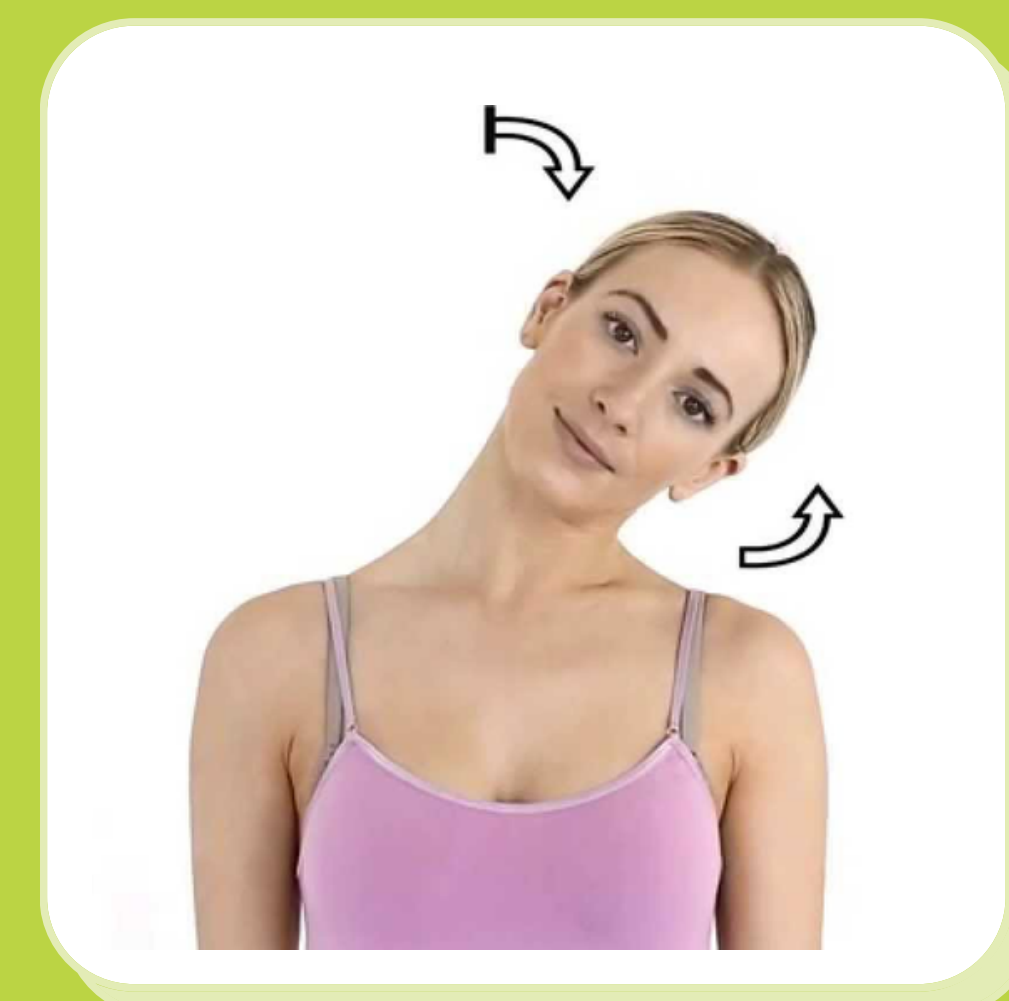
STRETCH



STRIVE POWER-UP STATION

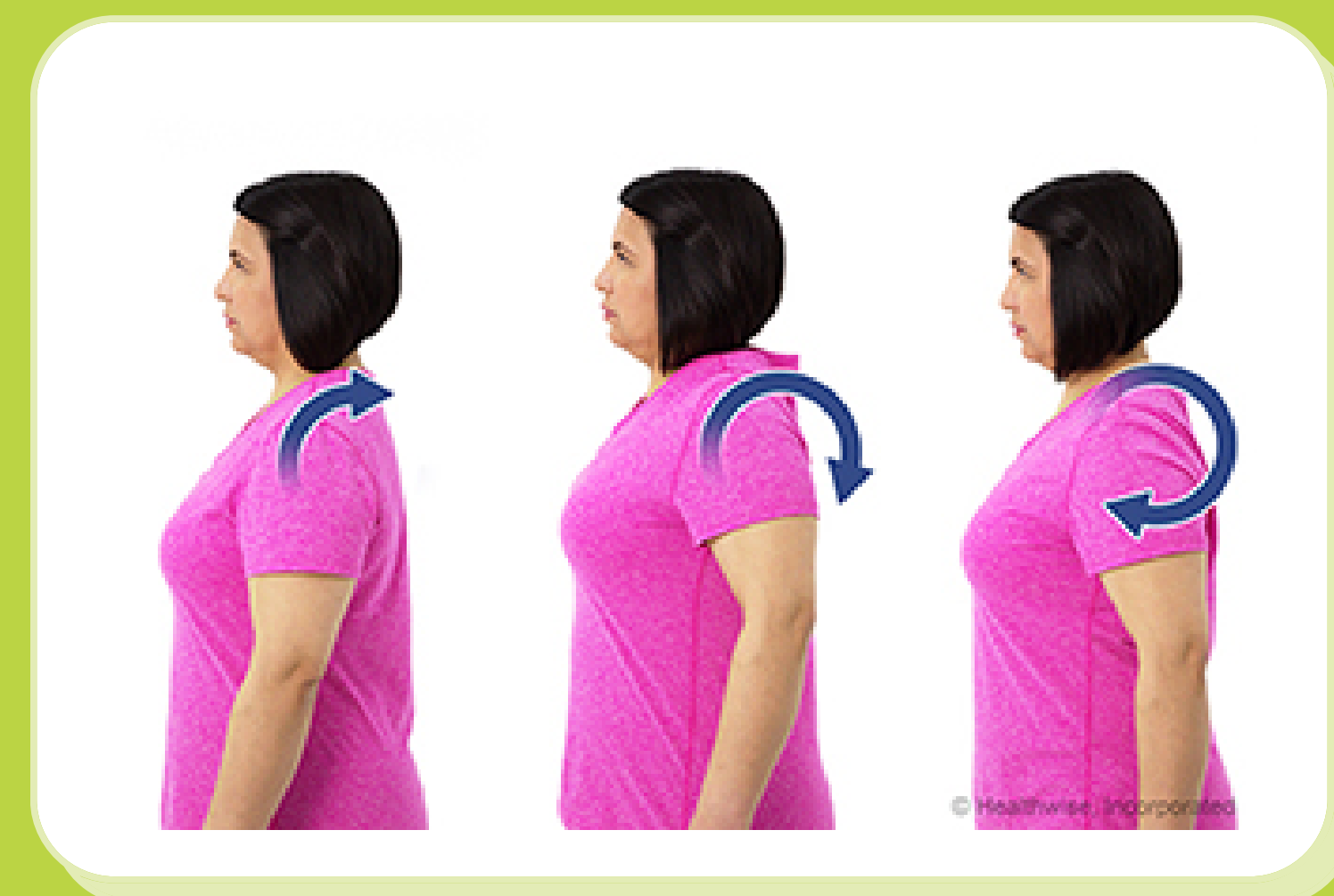
Neck

1. Gently tilt your head toward your right shoulder and try to touch it with your ear. Stop when you feel the stretch. Don't raise your shoulder.
2. Hold the stretch for 5-10 seconds, then return to the start position.
3. Repeat on your left side. Try doing several sets and work your way up to 10 repetitions.



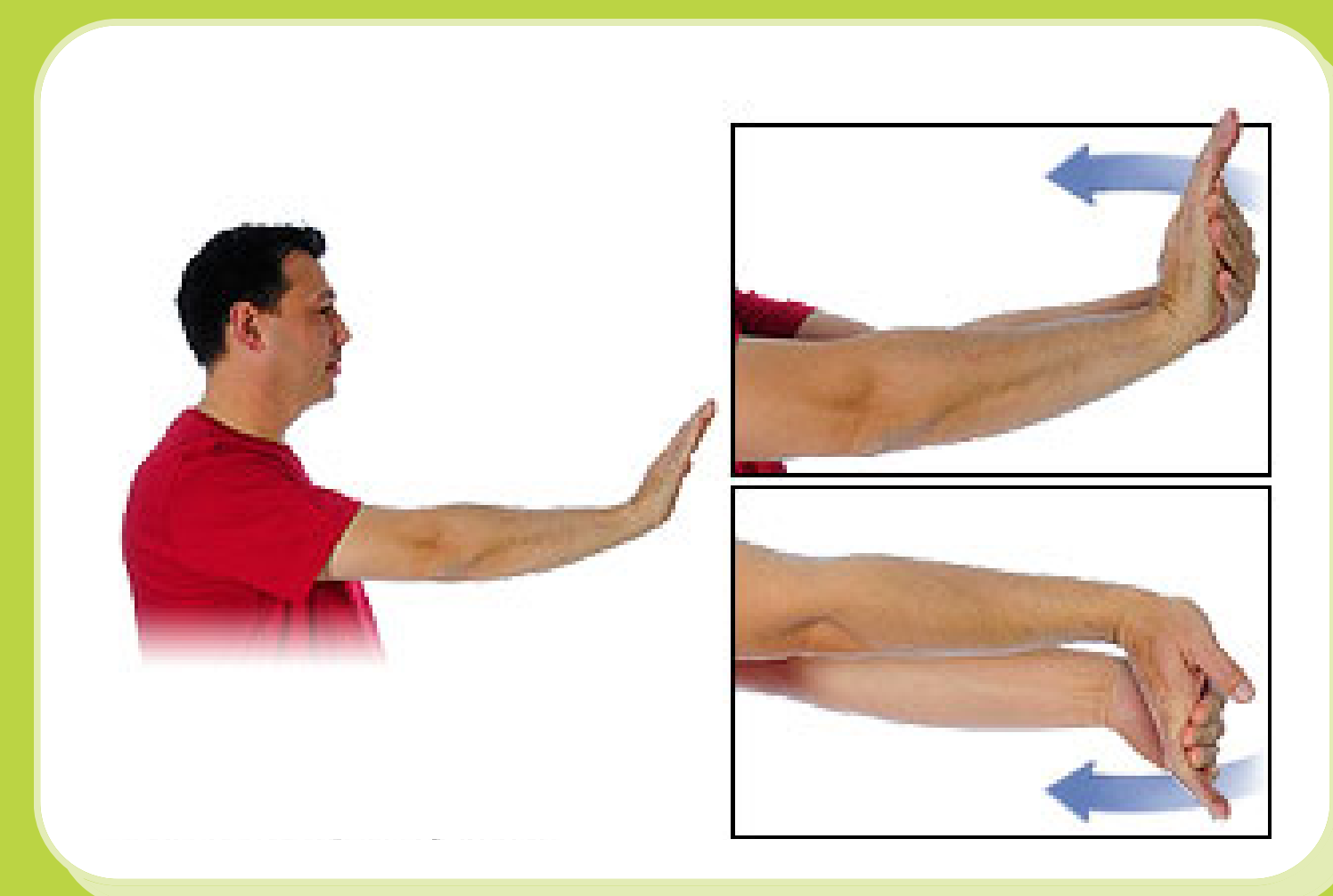
Shoulder

1. Maintain good posture while standing or sitting.
2. Roll your shoulders up, back, and down.
3. Do this movement 10 times.
4. Then, roll your shoulders up, forward, and down 10 times.



Wrists & Arms

1. Extend your arm in front of you, palm up.
2. Bend your wrist back and point your hand toward the floor.
3. With your other hand, gently bend your wrist farther until you feel the stretch in your forearm. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.



STRETCH



STRIVE POWER-UP STATION

Hips

1. Stand with one foot forward and the other one stepped back, open your feet wider than your hips.
2. Bend the knee of the leg in front while keeping the back leg straight. Turn the toes of your back leg, so they face forward at a 45-degree angle.
3. Place your hands on your hips or take support on a chair or desk, pull your abs in, breathe slowly, and relax your shoulders.
4. Hold this position for 20-30 seconds then repeat the same on the opposite side



Back

1. In your chair with your sit bones firmly placed on the seat, place your feet flat on the floor and spread them out wide apart.
2. Sit up straight and tall then slowly slide your hands down your legs until they reach the floor.
3. Place your fingertips on the floor between your feet, and with each breath try to stretch further down until your palms are flat. Don't worry if you can't do this, just go as far as is comfortable for you.
4. Hold for 30 seconds and breathe into the stretch. Repeat three times.



SEATED BICYCLES

STRIVE POWER-UP STATION

On the Ground

1. Sit on the floor with your knees bent to 90 degrees. Bring your knees towards your chest with your hands placed behind your head for support.
2. Position your torso at about a 45-degree angle and extend one leg forward.
3. Then, twist your torso so that one elbow touches the other knee, which is still bent. Return to the starting position to repeat with your opposite side. Aim to do three sets of 10!

In a Chair

1. Start sitting in a sturdy chair. Ease back into a comfortable position on your sit bones with your hands holding the chair for extra stability.
2. Lift both legs up and bend your knees. Make biking motions with your legs. Continue as long as you can!



ARM CIRCLES

STRIVE POWER-UP STATION

How to do Arm Circles

1. Stand with your feet shoulder-width apart and extend your arms parallel to the floor.
2. Circle your arms forward using small controlled motions, gradually making the circles bigger until you feel a stretch in your triceps.
3. Reverse the direction of the circles after about 10 seconds.
4. Try to circle your arms for at least 1 minute and 30 seconds in each direction!

Modifications

Want to make it harder? Try holding small weights in your hands while doing the arm circles. Full water bottles work as great makeshift weights!



See how it's done!



Need a moment?

TAKE TIME TO MEDITATE

1. Find a place to sit that feels **calm** and **quiet** for you
2. Set a time limit. If you're just starting out, try 5 or 10 minutes
3. **Notice your body** - make sure you are stable and in a position you can stay in for a while
4. Follow the sensation of your **breath** as it goes in and out
5. When you notice that your mind has wandered, simply **return your attention to your breath**
6. When you're ready, gently lift your gaze and take note of your surroundings. Do you notice any sounds? How does your body feel? Notice your thoughts and emotions.
7. **Treat yourself kindly** as you continue throughout your day



Scan the QR code for a
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meditation** from the
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