At-Home Workouts Part 3

Happy May 5th 2020!!! I hope everyone is staying healthy and exercising. This week we will be focusing on low and high intensity exercises. Please follow the diagrams below. Go Tigers!!

**At-Home Exercises**

- **Bridges** — 10 reps, hold upward position for 5 to 10 seconds each rep
- **Sit-ups** — 2 sets, 10 reps
- **Seated Leg Raises** — 2 sets, 10 reps each leg
- **Traditional Leg Raises** — 2 sets, 10 reps
- **Superman** — 2 sets, 10 reps
- **Shoulder Taps** — 2 sets, 10 reps (each shoulder)

*Set = A group of consecutive reps
*Rep = The number of times to perform an exercise

**Motivational Quotes**

“In a defeat, when you lose, you get up, you make it better, you try again. That’s what I do in life, when I get down, when I get sick, I don’t want to just stop. I keep going and I try to do more. Everyone always says never give up but you really have to take that to heart and really do never definitely give up. Keep trying.”

—Serena Williams

“I’m reflective only in the sense that I learned to move forward. I reflect with a purpose.”

—Kobe Bryant