

Flexible At-Home Workout from ISK's Charles Hanks

COPING IN CRISIS

Staying well with ISK

Perform Exercises A-O, with no rest between exercises (except at intervals shown) to complete one set (approximately 10 minutes). Do the workout 3x in one day (morning, noon, evening), and you'll have met your daily recommended requirement of exercise. Or try doing it once every day of the week, or 2-3x a day, three days a week for a 30-minute body blast. **It's up to you!**

A. Jumping Jacks (60 seconds)



B. Body Squats (30 seconds)



C. Push-Ups (30 seconds)



D. Jog in Place (60 seconds)



E. Forward Lunges (Alternate, 30 seconds)



F. Bird Dog (Alternate) (30 seconds)



G. Rest (30 seconds)

H. Quick Feet (60 seconds)



I. Plank (30 seconds)



J. Lying Heel Touches (30 seconds)



K. Calf Raises (60 seconds)



L. Cardio High Knees (30 seconds)



M. Bridge Ups (30 seconds)



N. Jumping Jacks (60 seconds; see A)

O. Rest (30 seconds)