

FULL BODY EXERCISE

NO EQUIPMENT

Exercising has many benefits such as improving mood, helping with weight management, and strengthening bones and muscles. Below are some equipment-free exercises that you can try! Aim to do each exercise for a minute, repeating them 3 times in a row with short rests between each round.

Stop immediately if you experience any pain while performing these exercises.

If you have a history of back surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.** Always have your back pain assessed by a health professional.

JUMPING JACKS



HIGH KNEES



BODY SQUATS



GLUTE BRIDGES



PLANKS



MOUNTAIN CLIMBERS



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