

1010FIT Workout: The Big Four by Patrick. Be real!



The only 4 Exercises you need! This full body workout routine requires no equipment and can be done anywhere. For any age or fitness level. Always consult your physician before starting any exercise routine.



45

TIME (sec)

15

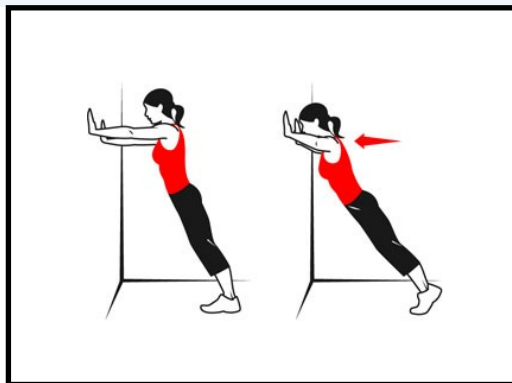
PAUSE (sec)

Wall Squat

Target Muscles: Quadriceps, Hip, Calves

- Stand against wall with legs extended out and feet 2' away from wall
- Inhale. On exhale bend your knees to slide your back down the wall
- Come to a level almost as low as sitting. Knees should not be in front of ankles
- Move back to starting position. Repeat.

Lower Body



45

TIME (sec)

15

PAUSE (sec)

Wall Push Up

Target Muscles: Chest, Pectoralis, Shoulder

- Stand about 3' in front of a wall. Hands outstretched, facing the wall.
- Lean your body towards the wall with your hands touching the wall.
- Push your body back with your hands until you are once again in a standing position. Repeat.

Upper Body



45

TIME (sec)

15

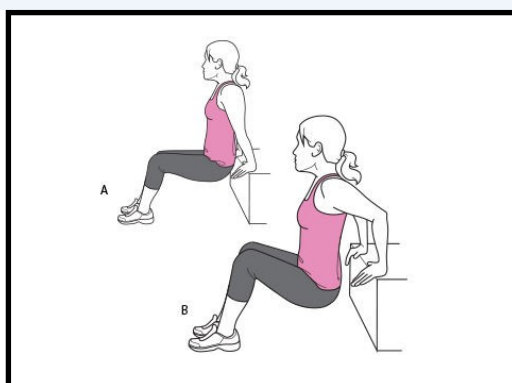
PAUSE (sec)

Chair Crunch

Target Muscles: Abdomen

- Use a chair and sit with your shoulders back not touching the chair
- Lower your upper body forwards towards your knees
- Use your stomach muscles to pull yourself forward.
- Return to original position. Repeat.

Core/Abdomen



45

TIME (sec)

15

PAUSE (sec)

Chair Dips

Target Muscles: Triceps

- Stand in front of chair
- Sit down on the edge of the seat and place your hands behind your hips
- Lift your buns off the seat and walk your feet forward
- Slowly lower your body downward. Extend arms raising upward. Repeat.

Upper Body