


Healthy and Quick & Everything Fit

Bed Rest Mini- Workout

First __ Weeks, then progress to Level 1 Circuit


1-3 times daily | Body weight only (no weights)

Basic Core Drill:
(Diaphragm, pelvic floor, transversus abdominis)
10 reps




*Before starting calf raises, march in place and take some deep breaths. If you feel dizzy or lightheaded, sit back down and try again slowly after a few more deep breaths.


Mini Calf Raise:
20 reps




Flys:
20 reps




Counter Squat:
20 reps




Scaption:
20 reps




Tush Sways:
20 per side



Quad Kicks:
20 per side



Mini Glute Pump:
10 per side



Light Stretching

15 seconds each stretch, each side.

Calf Stretch	Thigh and Hip Stretch	Hamstring Stretch
