

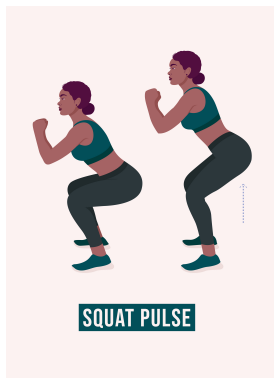
# Three Moves To Start Your Day

Each morning, try these three moves to start your day off right!  
Perform each exercise for one minute and repeat 3 times.



## Plank

Planks are an ideal exercise for the abdominal muscles exactly because they engage all major core muscle groups including the transverse abdominus, the rectus abdominus, the external oblique muscle, and the glutes.



## Squat Pulse

Squat pulses help to strengthen your glutes, hamstrings and core muscles. The benefit from pulsing is that you are constantly stimulating + engaging the muscles. This also enables you to hold a movement longer as you are not releasing and re-engaging that connection.



## Arm Circles

This exercise targets your shoulders, triceps, back and biceps. During arm circles you engage in a dynamic stretch, which means that you're stretching as you're moving. In addition to warming up your shoulder joints, arm circles increase circulation to your arms, fingers and shoulders.