



New York, NY January 4, 2012



An
EXERCISE ROUTINE
for
HEART HEALTH

1 **STEP UPS** Standing behind a 15-inch platform or step, place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right leg before switching to the left leg. Continue alternating step-ups for three sets of 30-second intervals.

2 **MOUNTAIN CLIMBERS** Place hands on floor, slightly wider than shoulder width. Position one leg forward bent under you body and extend other leg back. While holding your upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under your body, landing on both forefeet simultaneously. Continue for three sets of 30-second intervals.

3 **ALTERNATING LUNGES** Placing hands on your hips with feet about hip-width apart, step out into a lunge with one foot. Drop your back knee down until it's about three inches from the ground. Your front knee should not extend over your toes. Keep your back as straight as possible. Come back up to standing and alternate legs. Continue for three sets of 30-second intervals.

4 **JUMP ROPE** Be sure to choose a rope appropriate to your size by folding the rope in half and having it reach from the floor to just below your shoulder. Skip rope for three sets of 30-second intervals.