

# 20-Minute Body Weight Exercises

## Roll with It

Smooths out any kinks in your shoulders.

By Joel Harper



Roll your shoulders forward for a count of 10 and back for 10. Swim shoulders back for 10 and forward for 10. Your goal is trying to get full range of movement with your shoulders. Notice any areas that don't move fluidly, and try to open them up by relaxing as you move your hands in full circles. Between sets, get in the habit of rolling your shoulders five times forward and five times back.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Chest Crosses

Strengthens chest and shoulders.

By Joel Harper



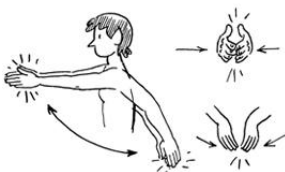
Cross your arms in front of your chest in a series of quick horizontal motions. Do it with both hands face up, then face down. Next, move your hands rapidly up and down. Then, twist your arms back and forth like you have tennis balls in your hands. Try to do each of these variations 25 times.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Clapping Chest Stretch

Stretches chest. By Joel Harper

In a standing position, while keeping your chest up, clap in front of you; then bring your hands behind your back, and clap your hands together. Keep your hands as high as you can during the movement. Do 10 times.



**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Push-Up Variations

Strengthens chest. By Joel Harper



Get in the appropriate "up" push-up position for you by either staying on your toes or keeping your knees on the ground. Lower yourself until your chest nearly touches the ground, and then push back up. As you straighten your elbows, push your spine toward the ceiling (to help engage your back muscles). Pull your heels away from your shoulders, keeping a long, solid body. Don't let your stomach hang down toward the ground, because that will cause unnecessary tension on your lower back. Instead, keep your stomach tight to strengthen your belly muscles. If your lower back starts to hurt, raise your butt slightly. Keeping your chin slightly up, look 6 inches past your fingertips. This forces you to use your chest and not overextend your neck while doing push-ups.

Do as many push-ups as you can (this is called exercising to failure, and it's what helps build strength proteins in your muscles). If these are too hard, just hold your chest off the ground without moving. Or you can do a pyramid push-up routine: Do 5 push-ups, then hold in the up position for 5 seconds. Then do 4 push-ups and hold for 4 seconds in the up position, all the way down to 1.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Corner Chest Stretch

Stretches chest and arms.

By Joel Harper



Face a corner of a room; stretch your arms out to the side, in line with your shoulders, with elbows at right angles. Put pressure on your arms to stretch your chest by leaning into the wall for 20 seconds. Keep your chin up and face directly into the corner.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Standing Hip and Hamstring Stretch

Stretches hips and hamstrings.



With your feet flat on the ground, bend forward at your waist. Alternate bending one knee and keeping the other leg straight (but still keeping feet flat), and let your head dangle down, releasing all your tension. Stretch each side for 15 seconds.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Plank Position

Strengthens abs and shoulders.

By Joel Harper



Get into a push-up position with your elbows and toes on the floor, while pushing the area between your shoulders toward the ceiling and keeping your stomach pulled in toward the lower back to support it. Keep your buttocks tight and your eyes looking at the floor (ignore the fact that you suddenly realize you have to vacuum). Hold the position for as long as you can. If you can last more than 1 minute, make it more difficult by dropping your chin 20 times out in front of interweaved hands, or by trying to balance on one foot.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Side Plank

Strengthens obliques -- the muscles at the side of your abdominals.

By Joel Harper



Turn to the side by putting an elbow on the floor and rotating the opposite hip toward the ceiling. Keep your body in a straight line, and resist pushing your butt back. Keep your abs tight as you hold the position for as long as you can. Alternate sides. If you can hold for more than 1 minute, you can increase difficulty by repeatedly dropping your hip, tapping it on the mat, and bringing it back into the lateral plank.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Up Dog Stretch

Stretches abdominals and obliques.

By Joel Harper



From a down push-up position, with your hands below your shoulders, lift your chest and torso up into the air so your upper body is nearly perpendicular to the floor as you come onto the tops of your bare feet. Lean backward to stretch your abdominals, but keep your butt relaxed. Hold for 10 seconds, then look over your right shoulder for 10, then your left shoulder for 10, then back to center.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Reverse Crunches

Strengthens entire abdominal area.

By Joel Harper



Lie on your back, and put your knees at a 90-degree angle and your feet in the air. Drop your heels down, tap the mat, and bring back up to 90 degrees. Do as many as you can (exercise to failure). Advanced: Do it with straight legs.



**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Crossover Ab Crunch

Strengthens upper abdominals.

By Joel Harper



Lie on your back, with your feet on the ground and knees at a 45-degree angle. Cross your arms behind your head, putting your opposite hand to opposite shoulder, forming an x behind your head. Rest your head in this x, and keep your neck loose (in the beginning, you can put a tennis ball under your chin as a reminder). Using your abdominal muscles, crunch up about 30 degrees from the floor. Without holding your breath, you need to suck in your belly button to the floor to tighten the natural girdle you have (it's a muscle called the transverse abdominis) to keep the entire six-pack tight. Also pull up your pelvis muscles (like when you are holding in your pee) to strengthen the bottom of the natural girdle. Do as many as you can. Stretch your abdominals afterward (see [Up Dog Stretch](#)).

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Rickety Table Back Exercise

Strengthens upper back and butt.

By Joel Harper



Put your hands and knees flat on the floor, with your fingers spread apart and pointing directly forward. Keep your back flat and parallel to the floor. Look down 6 inches above your fingertips. Reach your right hand forward and your left foot back, and stretch them as far away from each other as possible, keeping your right hand higher than your head. The higher your arm goes up, the more work your back has to do, and the more effective the exercise. Now, bring your right elbow to your left knee. Do 20 on this side, then alternate and do it with the other leg and arm. If you are more advanced, you can move your arm and leg out at a right angle from your body, keeping them above your spine. Your stomach should be pulled in the entire time, supporting your lower back.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Superman Lower Back Exercises

Strengthens lower back.

By Joel Harper



Lie flat on your stomach, reaching your arms out in front of you with palms down. Spread your extremities straight out in all four directions, and lift your arms and legs simultaneously for enough repetitions to cause some mild fatigue. Continue to look down during the movement, and don't overextend your neck up. This exercise is about how long you can make your body -- not how high you can get it. Focus on squeezing your butt as you lift.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Seated Pretzel Back and Hip Stretches

Stretches lower middle and upper back.

By Joel Harper



Sit down with legs stretched out in front of you. Bring your right foot up, and set it down on the outside of your left knee. For back support, put your right hand behind your right butt cheek. Bring your left toe straight up. Reach your left hand up like a stop sign and drop your chin, and then twist to the right and bring your left triceps to outside of the right thigh. To go deeper, twist more to apply pressure against your right thigh. Act like a string is pulling the top of your head up to elongate the spine. Breathe by expanding your rib cage like you are blowing up a balloon.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

# Seated Leg Lifts

Strengthens quadriceps.

By Joel Harper



Sit with your legs straight out in front of you. Bend your right leg up with knee pointing toward the ceiling. To keep your back straight, interweave your hands around this knee. Act like there is a string pulling from the top of your head, elongating your spine (and don't bob your head). Lift your straight left leg 6 inches off the ground, keep your left toe pointed toward the ceiling. Lift 25 times, then switch legs. Do each leg twice.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Wall-Sit Leg Exercises

Strengthens entire leg.

By Joel Harper



Sit in a chair position (with no chair!), with your back against a wall and your hands palms-up, resting on your knees. Keep furniture near you or under you so you can grab it to help yourself back up when you're done. Keep your heels directly below your knees and at a 90-degree angle; your shoulders should be rolled back, and the back of your head should be against the wall. Hold for as long as you can, and try to work up to 2 minutes. Keep your face relaxed, and breathe.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Nice Thighs Leg Stretch

Stretches quadriceps.

By Joel Harper



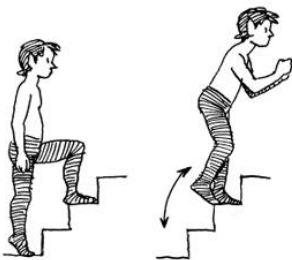
While standing on one leg, bend the knee of the opposite leg, and grab the foot behind your back with one hand (use one arm to hold something to keep balanced). Pull the foot toward your butt while lifting your chest forward and squeezing your shoulder blades together. Switch legs. Keep your abs pulled in the entire time to support your lower back. Hold each for 20 seconds.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

## Step Taps Leg Workout

Strengthen and stretch your legs.

By Joel Harper



Stand in front of a set of stairs. Place one foot two steps up; leave it there as you raise the other foot up, tapping that step for 20 consecutive times, and then switch legs. Use your arms to propel yourself up, as a sprinter would do. You barely want to hear your foot tap back down and back up. The softer it hits, the more burn you get, and the less impact on your knees.

**Source:** *YOU: On a Diet*, by RealAge doctors Michael F. Roizen, MD, and Mehmet C. Oz, MD.

Reprinted with permission by RealAge, Inc. Copyright (c) 2011. All rights reserved. For an accurate calculation of your RealAge, visit [www.RealAge.com](http://www.RealAge.com). RealAge, Inc, San Diego, CA USA. All rights reserved. RealAge is a U.S. federally registered trademark of RealAge, Inc.

Republication or redistribution of RealAge content is expressly prohibited without the prior written consent of RealAge. RealAge shall not be liable for any errors or delays in the content, or for any actions taken in reliance thereon.