

Motion Zone: On The Road

Tricep Dip

Get a chair with a hard surface.

Put your hands on the chair.

Step forward so that your body weight is supported in the palms of your hands.

With your elbows tucked in, lower yourself down to the ground.

Push yourself back up.

Repeat 12-15 times.

Reverse Lunge

Take a big step back with your right leg, keeping your knee from going over your toe.

Push yourself back up.

Repeat 12-15 times on each leg.



