

Wall Sit



20 Macaroni

Plank



20 Macaroni

Wall Walk-Up



15 Macaroni

Pushup Hold



10 Macaroni

Toe Raise



15 Macaroni

6 Inches



10 Macaroni

Forearm Plank



20 Macaroni

Squat Hold



15 Macaroni

Prayer Pose



10 Macaroni

Reverse Plank



15 Macaroni

Static Lunge



10 Macaroni (each leg)

Superman



10 Macaroni