









# SEPTEMBER FITNESS TIP OF THE MONTH

One of the most important benefits of bodyweight exercise is its ability to improve your cardiovascular endurance and muscle strength all at once. You get a cardio workout from changing positions and elevating your heart rate, while your bodyweight and gravity work together to help you build muscle.

<p>CRAWLING PLANK</p>  <p>MODIFIED PUSHUP</p> 	 <p><b>Plank to Downward Dog</b></p>
<p>KNEE TAP EXTENSIONS</p>  <p>HAND TO TOE TAPS</p>  <p>TRICEP DIPS</p>  <p>SQUAT + SIDE LEG LIFT</p> 	<p><i>Boat Pose</i> <i>Navasana</i></p>  <p>knees bent    hands on leg    hands down</p> <p>Full Pose</p>
