**Fit Burn (Full body Exercises)**

Fit Burn is a full body weight workout program which helps develop your muscle balance, agility, coordination and improve your strength level. This exercise program is appropriate for you to practice it either at home, gym or office. Exercises can be performed for 30 seconds before moving to next with 30-second recovery. 2-3x/week and 2-3 sets (unless otherwise stated).

<table>
<thead>
<tr>
<th>Beginner</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knee Push Up</td>
<td>Push Up</td>
</tr>
</tbody>
</table>

- **Upper Body Exercises**
  - Knee Push Up
  - Push Up
  - Superman

- **Combination Exercise**
  - Superman

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**Contact Information**

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<table>
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<tbody>
<tr>
<td>Front Plank</td>
<td>Side Plank (Right and Left Side)</td>
</tr>
<tr>
<td>Single Leg Raise (Right and Left Side)</td>
<td>Leg Raise</td>
</tr>
</tbody>
</table>

### Core Exercises

**Beginner**

- Front Plank
- Side Plank (Right and Left Side)
- Single Leg Raise (Right and Left Side)

**Advanced**

- Front Plank
- Side Plank (Right and Left Side)
- Single Leg Raise (Right and Left Side)
- Leg Raise
<table>
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<tbody>
<tr>
<td>Hip Bridge</td>
<td>Single Hip Bridge (Right and Left Side)</td>
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**Lower Body Exercises**

**Hip Bridge**
1. Beginner Hip Bridge
2. Advanced Hip Bridge

**Donkey Kick (Right and Left Side)**
1. Beginner Donkey Kick
2. Advanced Donkey Kick
3. Advanced Donkey Kick (Right Side)
Lower Body Exercises

Beginner

Half Squat

Advanced

Full Squat

Combination Exercise

Burpee

1.     2.     3.     4.     5.
**Combination Exercises**

**Beginner**
- Mountain Climber

**Advanced**
- Spiderman