

STRENGTH TOOLKIT



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by

iA
Financial Group

Strength training improves your heart, bone, and muscle strength. Using only your body weight, choose one or more of the moves below, and do each move for 60 seconds in your 6 - 12 minute break. We recommend you set your timer and challenge yourself every day!

The only rule is, once the week is done, you would've covered all the moves below.

Push-Up



Squat



Plank



Lunge



Crunch



Side Lunge



Side Plank



Glute
Bridge



Leg Lift



Shoulder Tap
Push-Up



All images and moves have been provided by

GET HEALTHY 