

Here are some examples of exercises you can do following the LGBTQI2S acronym. Share your own version with us @egalecanada!



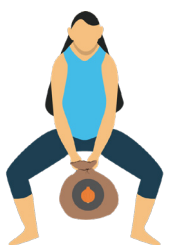
Lunges

- Stand with your feet together.
- Keeping your upper body straight, step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle.
- Rise back up and move the foot you stepped forward with back to its original position.



Leg Raises

- Lying on your back, keep your legs straight and together.
- Lift them straight up as high as you can, and slowly lower them back down to the floor.



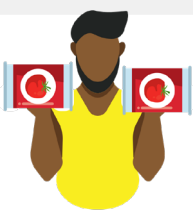
Goblet Squat

- Standing with your feet at shoulder-width apart, hold an object against your chest, with your elbows tucked in.
- As you squat, keep your heels flat on the ground.
- Going as low as you can before coming back up, pushing through your heels.



Glute Bridge

- Lying face up on the floor, lift your hips off the ground until your knees, hips, and shoulders form a straight line.
- Hold your bridged position for a few seconds before lowering your hips to the ground.



Bicep Curl

- Ensure your elbows are close to your torso and your palms facing forward.
- Keeping your upper arm stationary, exhale as you curl the object up to shoulder level while contracting your biceps.



Bent Over Rows

- Stand with your feet shoulder-width apart.
- Bend your knees and lean forward from the waist. Your knees should be bent, but your back stays straight.
- Row the object in as close to your chest as you can.



Tricep Dip

- Grip the edge of the seat next to your hips.
- Extend your legs with your feet hip-width apart.
- Slide forward just far enough that you clear the edge of the chair.
- Lower yourself until your elbows are bent between 45 and 90 degrees.
- Slowly push yourself back up to the start position.



Tricep Extension

- Stand with your feet shoulder width apart.
- Hold the object you're lifting with both hands and place behind your head, aiming for between your shoulder blades.
- Lift your arms so they're straight above your head, keep your elbows tucked in.



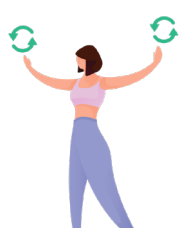
Quick Run in Place

- Pump your arms.
- Drive your knees up high.
- Wear running shoes if it helps you!



Quick Arm Circles

- Stand with your feet shoulder-width apart and stretch out your arms.
- Circle your arms forward using small controlled motions.
- Reverse the direction of the circles after about 10 seconds.



Interval

- Take a measured break between each set of your exercises.
- Remember to keep hydrated!



Two (or three) Sets

- Do two (or three) sets of each exercise.
- Determine the number of repetitions you want each set of exercise to have, whether that be 12 reps or 30 seconds of activity.

