Get an ROTC Worthy Workout at Home

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These exercises are recommended by the ISU ROTC to achieve a full-body workout. Modify the moves to make them easier or harder, the goal is to improve every time you exercise.

**Get an ROTC worthy workout at home**

**Full-On Push-Ups**  
Works your chest and arms  

Position yourself on the floor with your hands placed wider than your shoulders and your back flat. Do 25 push-ups this way. Next, do 15 regular push-ups with your hands in line with your shoulders. Then move your hands in closer than your shoulders so your fingers are touching in the shape of a diamond. Finish the set with 10 diamond push-ups.

**At the Core**  
Works your abs  

Sit with your legs straight out in front of you. Cross your legs, lift them and lower your upper body to a 45-degree angle from the ground. Clasp your hands together as if you were praying and move them together to touch the ground on the left side of your body, then twist to the right side of your body (one rep). Continue moving your arms while holding your body in position for 30 reps. Then lie on your back and put your hands on your ears. Lift your right elbow and left knee so they touch over your stomach, then do the same with your left elbow and right leg (1 rep). Continue doing the Supine Bicycle at a fast pace for 30 reps.

**Jumping for Joy**  
Works your legs  

While standing, position your feet so they are in line with your shoulders. Then, lower yourself so your legs are parallel to the ground for the Tabata Squat and quickly stand back up. Repeat continually for 30 seconds. Then begin the Little Man in the Woods exercise by doing jumping jacks while remaining in the squat.

**Full Speed Ahead**  
Works your heart  

Find a set of stairs and run or jog up them as fast as you can. Keep your knees high and watch where you place your feet. Repeat two or more times then immediately go to suicides. Begin by picking a starting point and at least three consecutive points beyond that. Sprint to the closest point then run back. Sprint to the farther point then run back. Sprint to the farthest point. By this point your heart rate should be up, so end your workout with stretching to slow your heart rate back down.

**Body-lolicious**  
Works your whole body  

Jump high, then lower yourself into position to do a regular push-up. Do a push-up, then lift yourself up and jump high again for one rep. Do 10 or more reps and go as fast as you can while using correct form. Next, lower yourself into an 8-count push-up.

**THE STATE GYM BOOST**

The numbers go up, and the sweat starts pouring

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**State Gym had 112,451 more swipes than Lied in spring 2012**

Between the 2011 and 2012 academic years, Rec. Services saw an 11.78% increase in facilities use

**Who uses the facilities?**

90.87% students  
9.13% non-students

*information gathered from Mike Giles, Director of Recreation Services*