

6 WORKOUTS YOU CAN DO FROM HOME

WARM UP

Neck Rolls, Shoulder Rolls,
Arm Circles, Trunk Rotations, Ankle
Rotations

1

MAIN WORKOUT

3 Rounds
20 Squats
20 Lunges (10/leg)
30 Jumping Jacks
15 Push Ups
30 sec plank per side
(from knees or toes)
30 sec front plank
(from knees or toes)

COOL DOWN

Seated Forward Bend
Seated Wide-Legged Forward Bend
Downward Dog

WARM UP

30 sec of each of the following:

Marching on Spot (high knees)
Marching on Spot (high knees,
out wide)
Squats
Wide Legged Squats
Alternating Lunges
Front Plank
Side Plank (each side)

2

MAIN WORKOUT

1 min of each of the following
(modification: 45 sec of each of the
following)
Option: Complete two sets of each
with a 30 sec rest in between each
set. You can do them back to back,
or do the whole list and then do the
whole list again.
Shoulder Presses
Side Lunges each Side
Push Ups
Jumping Jacks
Single Arm Rows each Side
Calf Raises
Bicep Curls
Standing Overhead Tricep Extensions
Crunches
Bicycle Crunches

COOL DOWN

Seated Forward Fold Stretch
Seated Wide-Legged Forward Fold
Stretch
Lying Quad Stretch Each Leg:
(on stomach, or lying on side tends
to be easier, hold ankle toward bum)
Downward Dog
Standing Chest Stretch Against Wall:
(Hold hand or arm whichever you
prefer, or have space for, turn body
away from wall)

WARM UP

2 Rounds of the following:

10 lunges

10 shoulder taps from a front plank

10 squats

5 inchworms

(standing crouch down and walk yourself out into a plank and then back up to standing)



MAIN WORKOUT

15 Push Ups

(modify: do it from your knees)

10 Reverse Lunges per Leg

40 Jumping Jacks

(low impact jumping jacks to modify)

20 Squats

16 Standing Side Bends

(for core- hold tummy tight and keep breathing; take a very light dumbbell overhead and tilt side to side)

15 Lat Pullovers

(Lying on Back on Floor, knees bent)

15 Chest Presses

(Lying on Back on Floor, knees bent)

20 Scissors

(Ab Exercise Lying on Back- lower one leg and then the other at a time, only coming down part way to make it easier)

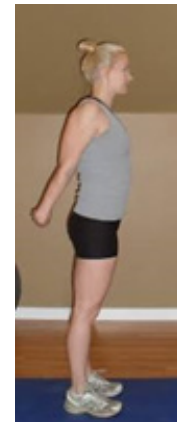
12 Supermans on Stomach

(Look straight down at floor and lift arms and legs off ground for 3-4 second hold, or alternatively lift one arm and opposite leg up and then switch every 3-4 seconds)

16 Weighted Arm Circles

(Holding light dumbbells, make small arm circles with your arms extended- you can do 8 forward and 8 backward if you like!)

COOL DOWN



Standing Handcuff Stretch



Standing Quad Stretch



Standing Glute Stretch



Lat Stretch

20 MIN TABATA WORKOUT

WARM UP

60 sec- Jog on spot

60 sec- High knees

60 sec- Standing –Hand walkouts forward and back



MAIN WORKOUT

40 sec Power Squat to jack (elbows to knee when squat then hands overhead for jack)

20 sec rest

40 sec Push Up to Bird dog (opposite arm/opposite leg superman) or

Modify knee push up with a shoulder tap

20 sec rest

40 sec Side to side moving lunge 4 each way (add a resistance band if you have one around thigh)

20 sec rest

40 sec Burpee to push up/ with 180 spin

repeat (low impact walk legs out) & 1/2push up, still do 180 jump to burpee

20 sec rest

REPEAT FIRST 4 EXERCISES

40 sec Mountain climbers (weight over shoulders quick legs or modify walking legs)

20 sec rest

40 sec V-sit crunch to bridge

Lie on back full body extension; up to v-sit pause; into bridge pause. Pause back to start /repeat

20 sec rest

40 sec Reverse lunge to high knee

Reach opposite arm up and burst the bubble!! (high intensity add a jump when you drive knee up) Keep going!!!

20 sec rest

40 sec salamander

Hold plank on hands, bring knee to elbow; switch sides

20 sec rest

REPEAT LAST 4 EXERCISES

COOL DOWN

March Cool down 2 & stretch 2min or to your time

Stretch do your favorite or hold these for 20min

Tricep stand drop one hand down your back switch

Bear hug yourself elbows up (feel this in your back)

Standing quad stretch clasp 1 foot with hand behind your butt press foot into hand not your butt **arm circles** both directions

Calf Stretch 1 foot toes up against wall. Stack hips over ankle & switch sides.

Lats, abs, back, shoulder joint

Lie out stretched on back arms out stretched above head

WORK OUT BOLD AND BEAUTIFUL HIIT (22 MIN)

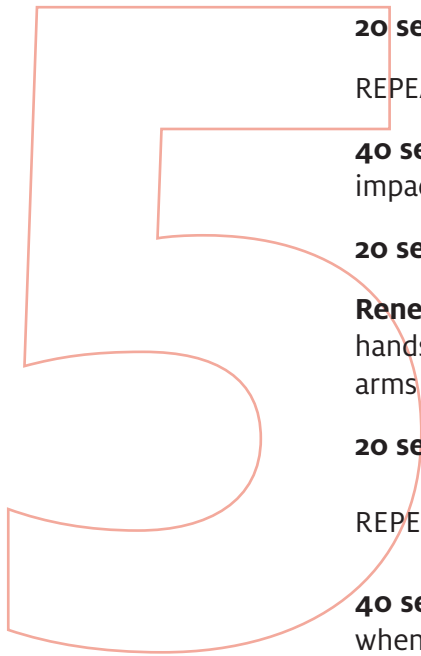
WARM UP

30 sec Gait swing

Jump legs out wide in squat alternate dropping shoulders in to center. Return to start jump legs together

30 sec inch worm

(from standing walk hands out & back)



MAIN WORKOUT

40 sec Reverse jump lunge with an arm punch forward (low impact no jump)

20 sec rest

40 sec Hold bear crawl pose

On all fours lift knees off the ground and hold (hands under shoulders / knees under hips) press toes and hands into ground with fingers spread

20 sec rest

REPEAT

40 sec High knee with toe tap (low impact just a reach)

20 sec rest

Renegade row Hold plank on hands, feet wide row alternating arms (elbow row to sky)

20 sec rest

REPEAT

40 sec squat pop Touch ground when squat pop up to sky!

20 sec rest

40 sec plank ups (Tricep step up)

Start on elbows walk up to hands keep going up & down

20 sec rest

REPEAT

40 sec Burpee to jack (drop chest to ground) Low impact walk legs back when you drop instead of jumping them)

20 sec rest

40 sec Figure 8 chop hands clasped arms straight out in front

draw a figure 8 with arms; stand wide legs in a slight squat; engage core.

20 sec rest

REPEAT

40 sec Lateral doggies with touch down at each end. 3ish Shuffles side to side touch down each end (touch ground harder / easier just reach towards ground)

20 sec rest

40 sec V-sit hold (clasp hands on back of legs hold)

20 sec rest

REPEAT

COOL DOWN

Ali legs light boxer jog to walk

Hold stretches for 15 sec

Quad stretch standing (draw one foot toward glutes hold pressing foot into hand) switch legs

Reach both arms to sky (drop 1 arm down your back for tricep stretch) switch sides

Hamstring stretch shoot 1 foot forward drop hips back engage quad will allow hammy stretch toes to nose drop chest low but keep head above the heart!

Clasp hands behind back, stand soft knees press chest forward

Tap your self on the back!!

Shorter routine 1x set of each till you're allotted time allows in 15 min!!

HIT MOUNTAIN BODY STABILIZER

Equipment; Mat @ Chair/step/bail
of hay or anything that is stable

WARM UP

60 sec Warm up skip on the spot no rope

30 sec Trunk twisters
Standing legs wider than shoulder width arms out front hands together twist torso side to side

30 sec Butt kickers (heel kicks)

30 sec Air squats

MAIN WORKOUT

40 sec Frog squat
Drop into squat wide feet toes pointing out elbows press out on inner thigh. Pulse bum up few inches holding squat.

20 sec rest

40 sec Plank with shoulder tap
Either on elbows or hands tap opposite shoulder

Easier- just hold

20 sec rest

40 sec Speed skaters
Skate side to side add jump

Easier- no jump, swing arm side to side

20 sec rest

40 sec Flutter legs
Lie on back straight out hands under glutes. Lift legs 12" off ground. Flutter legs (up & down)

20 sec rest

40 sec Push up
Full body or from knees or on wall

40 sec Gorilla Burpee
(low impact walk it)
Burpee to Squat to Lung /lunge

20 sec rest

40sec Knee in v-out
V-sit legs in & v out

Down Alternate side down each time!!

20 sec rest

40 sec Squat jump to floor taps
Squat jump up, down to floor tap

Repeat

20 sec rest

40 sec Superman pulse ups
Lying outstretched face down lift arms and legs 3" off ground, hold 7 pulse easier reps

20 sec rest

40 sec Rollup to sprint on spot
Lie on back outstretched. Roll up to standing (use arms to assist to standing)

Sprint on spot and down

20 sec rest

40 sec Bear crawl
On all fours, lift knees off ground, walk forward for six. Pull with hands fingers spread/ Push with feet opposite arm/leg.

Back for six opposite arm/leg

40 sec Tricep dip on chair
Use chair/step/hay bail -make sure stable. Hands shoulder width apart on edge dip down to 90 degrees & up.

Easier-bend knees

Advanced- straight legs

20 sec rest

40 sec Step ups
Step up on chair, alternate lead leg.

20 sec rest

40 sec Thigh killers (prisoner arms behind head) Drop into squat hold & Step TINY out out – in in

20 sec rest

40 sec Salamander
Hold plank on hands, bring knee to elbow. Switch sides!! Go

20 sec rest

COOL DOWN

March out cool down

Kneel on a cushion, 1 knee up at 90 degrees, other knee down foot up against wall, press hip forward feel a quad stretch hold 20 sec. switch sides

Stand if it hurts to kneel.

Hip flexor stretch

Standing feet shoulder width apart, step 1 leg back press that hip forward, reach that same arm straight up to sky.

more intense stretch

Standing feet shoulder width apart reach up to sky, then slowly drop hands towards ground as low as you can go. Come up 1 vertebrae at a time.