

Home Workout

Warm Up for 5 minutes. Jog on the spot or around the block.

Each set of this program should take roughly 14 minutes

Do this program 2-4x/wk with at least one day in-between

Complete these exercises in order, one after the other with little to no rest (as you can)

1. High Knees



30 sec
to
1 min

jogging on the spot
keep your core contracted

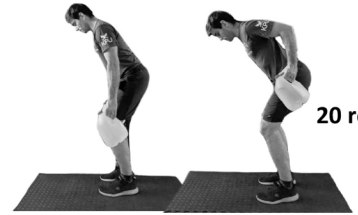
2. Squats



1 min

Keep your body upright,
Head looking straight, stick bum out
Try not to let knees cross over toes

3. Bent Over Row (w/ household item)



20 reps

Maintain a straight back
Bum against wall as point of contact
Lift weight towards your hips

4. Jumping Jacks



30 sec
to
1 min

Keep your heart rate up!

5. Push Ups



10 – 20 reps

From toes, or knees, or even hips!

6. REST

Take a 30 second to 1 minute rest
as needed. As the weeks progress
you should require less rest!

7. High Knees



30 sec
to
1 min

jogging on the spot
keep your core contracted

8. Plank



1min

keep your abs, buttox, and legs tight.
stabilize your joints. breathe!

9. Reverse Lunge



20 – 30
reps

Alternate legs with every lunge
Keep your pace slow and controlled
Goal is to drop knees 90 degrees

10. Jumping Jacks



30 sec
to
1 min

keep your heart rate up!

11. Back Extension



20
reps

Lay on your stomach
Arms by side, palms down
Lift chest off the floor

12. Isometric Wall Squat



1min

keep your abs tight and your back
and shoulders and neck on the wall

Rest for 1-2 minutes and repeat back from Exercise #1 (1-3 sets, you might add a set each week!)