

SportRec@Home Workout Routine



1. Warm Up

Begin with a light warm up to prepare the body for exercise. 5 minutes of jogging on the spot, or walk / jog around the block..

2. Light Dynamic Stretch

Once warmed up gently swing your arms and legs back and forth to loosen up the shoulders and hips in preparation for strength exercises.

3. Squat to Reverse Lunge



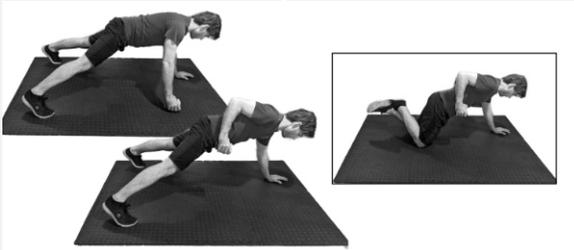
Begin with a squat, then reverse lunge. Step back into a stand, do another squat. Lunge again with the same leg. **Repeat this for 15 lunges.** Do again with the opposite leg before moving to the next exercise.

4. Turkish Getup



The objective of this exercise is to get up and down from the ground. There is no right or wrong way, just do it safely and pain free. One arm remains straight in the air. **Repeat 5 - 10 times per arm.**

5. Renegade Row



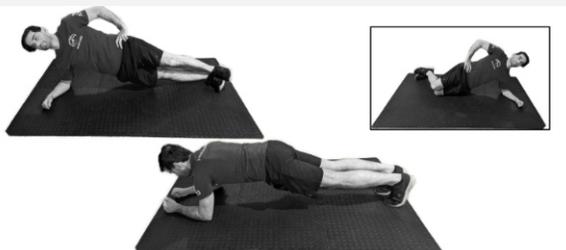
Begin in a plank position - from the knees or the toes. Lift one arm up so your elbow goes behind your body. Use a weight or soup can. **15 reps per arm.**

6. One Arm Clean & Press



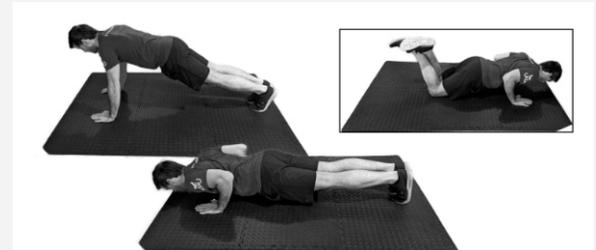
Begin in a squat with one arm close to the ground holding a weight. In one swift and fluid motion progress to a stand and lift your arm over head. Keep your core engaged. **15 reps per arm.**

7. Side Plank - Front Plank - Side Plank



30 - 60 seconds Side Plank *your side plank times must be the same
60 - 90 second Front Plank
30 - 60 seconds Side Plank (other side)

8. Tricep Push Ups



From your toes or your knees or even your hips
Hands are close to each other and your elbows go straight back. **15 - 30 reps.**

Rest for 1-5 minutes, repeat exercises 3 - 8 for 2-4 sets
End with 5 minutes of stretching - [see Stretching Guide](#)

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