

SportRec@Home Workout Routine



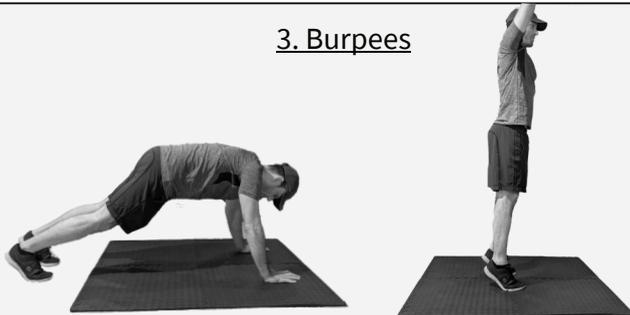
1. Warm Up

Begin with an extended warm up for 10 - 15 minutes. Walk or jog around the block and by the end you should be working moderate to high intensity.

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.

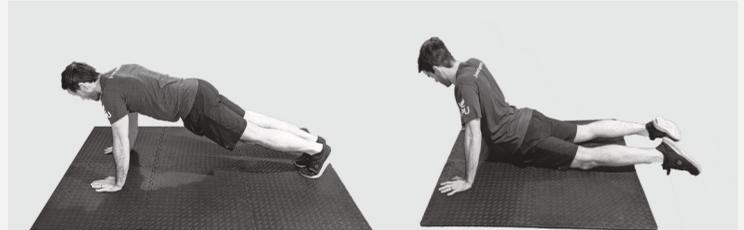
3. Burpees



Starting in a plank position from your hands, jump or step into a low squat position, from here either jump or stand up.

Return to a plank and repeat. **10 - 20 reps**

4. Push Ups



Do this exercise from the toes, the knees (not shown), or the hips.

Try to complete the desired amount of reps even if you have to make them easier by going to the knees, or hips. **30 reps.**

5. Bent Over Row



Using any weight that you feel comfortable rowing with, lean forward in a deadlift position and row your arms to your waist

20 - 30 reps

6. Front Lunge with Bicep Curl



Begin by standing, step forward into a lunge and curl a weight to your shoulders, return to a stand and repeat with the opposite leg. You may find that a reverse lunge is easier if needed. **20 - 30 reps**

7. Squat Rotational Hops



Begin in a squat and 'pop' up into a mini jump with a twist of your feet, return back into your squat with another 'pop' and repeat to the opposite side. **30 - 60 seconds**

8. Bent Over Reverse Fly



Bent over in a deadlift position and holding light weights, raise your arms up maintaining a straight forearm and squeeze your shoulder blades. Keep a straight back. **15 - 20 reps.**

Rest for 1 minute then repeat exercises 3 - 8 for 2-4 sets

End with 5 minutes of stretching - see [Stretching Guide](#)