

SportRec@Home Workout Routine



1. Jogging on the spot

Begin with light jogging on the spot for 2 minutes to gently increase your heart rate.

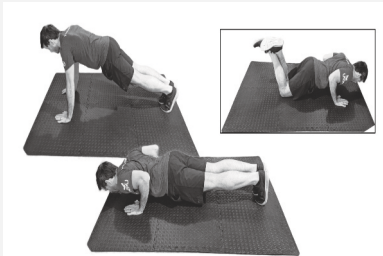
2. Jumping Jacks

Continue with 2 minutes of jumping jacks to further increase the intensity of your heart rate.

3. Arm and Leg Swings

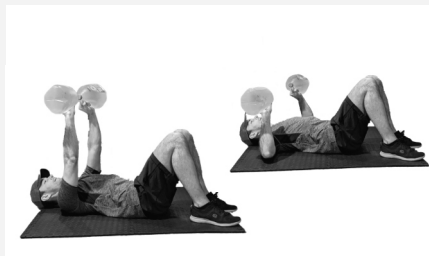
Perform 10x backwards arm circles, then perform 10x leg swing Both sides, repeat!

4. Push Ups



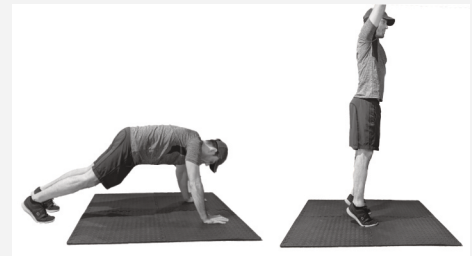
Complete **10 - 20 reps**. Either from a cobra position, your knees, or your toes, or even a combo of all three!

5. Chest Press



Now working the same muscle group, complete **20 reps** of chest press with weights or a weight substitute.

6. Burpees, back to #4.



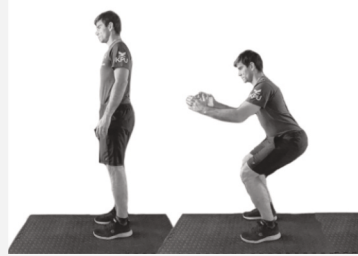
10 - 20 reps, once complete: if this is your first set go back to exercise #4, if this is your second set go to exercise #7.

7. Reverse Lunge + Step Up



Alternating reverse lunge with a step up. Be sure to hold your balance on the single leg for 2 seconds each time. **30 reps** in total.

8. Squats



Holding onto a weight in each hand perform **30x squats** with a 2 second hold at the bottom. Keep your chest up as you lower.

9. Mountain Climbers, back to #7.



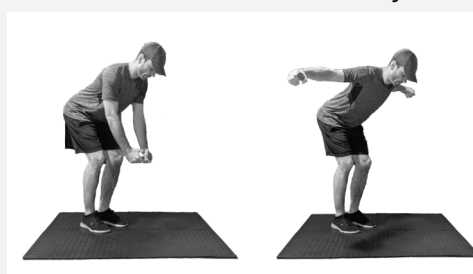
60 secs Mountain Climbers, once complete: if this is your first set go back to exercise #7, if this is your second set go to exercise #10.

10. Bent Over Row



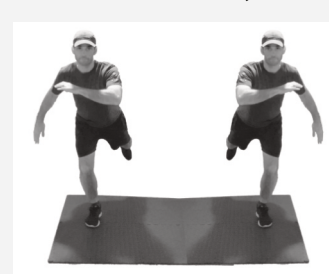
Holding onto a weight in each hand lean forward as far as is comfortable. Row each hand up to your torso. Keep each rep slow and controlled. Core tight! **20 reps**

11. Bent Over Reverse Fly



Holding onto lighter weights perform **20 reps**. Be sure to squeeze your shoulder blades together at the top of your movement. Core tight!

12. Side to Side Skaters, back to #10.



60 secs of side to side skaters, once complete: if this is your first set go back to exercise #10, if this is your second set. You are done, or go back to #4!

Take rests only as needed, otherwise non-stop!

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

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