

AT-HOME WORKOUTS THAT ADD UP!

STRENGTH WORKOUT 1: TIME UNDER TENSION

0:45 on/0:15 off 5x (Choose from list)

Example:

1. Push-ups – lower for count of 3, pause, push up for count of 1
2. Squat - lower for count of 3, pause, up for count of 1

***For an extra challenge, superset exercises (back-to-back exercises working the same muscle groups)**

Lower body strength moves:

Squat
Reverse or Forward Lunges
Bridges – try single leg!
Curtsey lunge
Side leg lifts
Step up or step down
Single leg squat
Single leg strait leg DL
Split squat
Bulgarian split squat
Kickbacks
Fire Hydrants/ clams

Upper body strength moves:

Push-ups
Reverse fly
Back extension
“Gorilla” push-ups - shoulders
Side lying tricep press up
Tricep push-up

CARDIO WORKOUT: HIIT

“All out” intervals – work at 100% effort during “on”, recover on “off” (easy movement)

Variables to consider:

1. Work to rest ratio
Ex: 2:1 work to rest – 0:30 on/0:15 off, 3:1 work to rest – 0:45 on/0:15 off
2. Number of intervals
Ex: 5 rounds
3. Movements
Ex: alternating between jumping jack and step up
Workout = jumping jack, step up 0:30 on/0:15 off 5x

Cardio moves:

Speed-skaters
Jogging in place
Jumping Jacks
Lateral Squats
Fast squats
Jump squat
Quick Feet

Cardio moves:

Quick Feet
High Knees
Mountain climbers
Plank jacks
Step-ups
Up downs/ burpees
Line jumps

FULL BODY STRETCH:

Hold each stretch at least 10 seconds.
20-30 seconds is optimal on most days of the week.

- Standing hamstring stretch
- Standing or kneeling hip flexor stretch
- IT band/oblique stretch
- Chest Opener
- Shoulder stretch
- Seated or kneeling torso rotation
- Childs pose – optional reach
- Figure 4/pigeon pose
- Lying low back twist



CORE WORKOUT:

0:45on/0:15 off 3x

- Deadbug
- Side plank
- Bicycle crunches (standing or on floor)
- Slow sit ups
- Plank (pick your variety)

TIPS FOR SUCCESS:

- Know your “why” and make regular physical activity apart of your identity
- Find what you enjoy – experiment and be open to trying new things
- Have a variety of options – inside/outside, with others/by yourself, videos/self-led, change with seasons
- Develop a system that works for your lifestyle – morning/evening, backup plan

