

# Home Workouts

## BEGINNER

While being home during these times can be disheartening, there are ways to help beat those blues! Exercise has been proven to help boost moods, improve productivity and brain activity. Get the most out of exercise by playing music, work out outside or invite family along with you! This workout is designed with all fitness levels in mind, but can be modified if necessary.

### 10 reps - 3 Rounds

#### SQUATS



**Position** - Stand shoulder width apart with feet slightly angled, forward and knees slightly bent. Tighten core (*contracted/flexed*), letting the hips have slight tilt backwards with chest tall and rigid.

**Movement** - Allow your hips and knees to move in one motion as you descend. Stop when thighs are parallel with the ground.

**Modification** - Body weight only, going as low as your body will allow.

#### Push-ups



**Position** - Hands should be slightly wider than shoulder width apart. Elbows should be angled about 45 degrees away from your body, allowing for more comfortability and chest engagement.

**Movement** - Core should be engaged. Arms push into full extension without locking elbows. Descend until elbows form a 90 degree angle.

**Modification** - For beginners, drop your knees to the ground. For an advanced version, elevate the feet.

#### Plank Jacks



**Position** - Start in the plank position, with hands directly under the shoulders.

**Movement** - Maintaining plank position, jump and bring both feet out slightly wider than shoulder width apart. Jump back to start position.

**Modification** - Tap one leg out at a time and remove the hopping element from this exercise.

# Home Workouts

## BEGINNER



Wall Slaps

**Position** - You do not have to use a wall but it is a good focal point.

**Movement** - Stand in a squat position, feet shoulder width apart. Arms can be at your side for a more explosive jump or upright for consistency. Find a spot on the wall and continuously jump and aim for that spot.

**Modification** - Eliminate the jump from this exercise and explode up to a tiptoe stance.



Lunges

**Position** - Take a large step forward allowing the knee of your lead leg to fall inline with your ankle. This will decrease knee strain.

**Movement** - Keeping pressure on the heel of lead leg, bend leg lowering trail leg toward the floor. Stop decent right before the trailing knee reaches the ground. Step back and repeat on each leg.

**Modification** - Use a nearby object or wall to hold onto to help with balance.



Sit - ups

**Position** - Lay down with back flat on the floor with knees bent and feet flat on the floor.

**Movement** - Place your arms across your chest (as shown) and use your abs to pull yourself up toward your knees. Remember to keep your abs engaged.

**Modification** - Secure feet under an object or have a partner hold feet securely down.



Burpees

**Position** - Start standing up in athletic position with core engaged and knees/hips slightly bent.

**Movement** - From the standing position descend onto the ground into a lowered push-up position. Pushing torso upwards, thrust knee toward chest and back into a squat position and then up into a jump upwards. Then repeat.

**Modification** - Eliminate the push-up by not bending elbows during the descend.

# Home Workouts

## ADVANCED

While being home during these times can be disheartening, there are ways to help beat those blues!

Exercise has been proven to help boost moods, improve productivity and brain activity.

Try this advanced workout to motivate and re-energize your daily routine.

### 3 Rounds

Squats

+

Push-ups



25 REPS

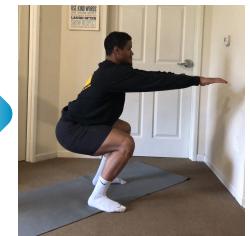
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10 REPS

Sit-ups

+

Squats



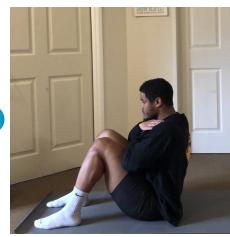
30 REPS

|

10 REPS

Jumping Jacks

+ Sit-ups



50 REPS

|

10 REPS

Lunges

+

Jumping Jacks



20 REPS

|

10 REPS

Push-ups

+

Lunges



20 REPS

|

10 REPS