

HOME EXERCISE PROGRAM – BODY WEIGHT

WARM-UP: Warm up with 5-10 minutes of aerobic exercise prior to starting this strength workout (examples, marching on the spot, jumping jacks).

ORDER: CIRCUIT 1: Exercises 1-4 | **CIRCUIT 2:** EXERCISES 5-8

	EXERCISE	PICTURE	INSTRUCTIONS
CIRCUIT 1	1. HIGH KNEES <i>(CARDIO)</i>		Amount: 3 x 1 minute Cues: 1. Stand with feet hip-width apart. 2. Lift one knee up towards your chest and lower foot to floor. 3. Repeat with alternating leg in a continuous movement, as fast as you can.
	2. BODY WEIGHT SQUATS <i>(LEGS & HIPS)</i>		Amount: 3 x 1 minute Cues: 1. Stand with feet shoulder-width apart and keep abs engaged. 2. Keeping your weight in your heels, slowly bend at the knees and drop your hips as if sitting on chair. 3. Keep your chest up and knees stacked over your toes. 4. Push up through heels to activate glutes.
	3. WALL PUSH UPS <i>(CHEST & SHOULDERS)</i>		Amount: 3 x 12 reps Cues: 1. Stand a little further than arm's length away from a wall. 2. Lean forward and put your palms flat against the wall at shoulder height and shoulder-width apart. 3. Slowly bend your elbows to lean your body forward against the wall, then push straight back, activating chest and shoulder muscles.

HOME EXERCISE PROGRAM

C
I
R
C
U
I
T
2

4. BIRD DOGS

(CORE)



Amount: 3 x 1 minute

Cues:

1. Position yourself on hands and knees with your back straight.
2. Slowly raise one leg and the opposite arm up and out, while keeping lower back level with the floor.
3. Slowly return to starting position and alternate sides.

5. PLANK

(CORE)



Amount: 3 x 1 minute

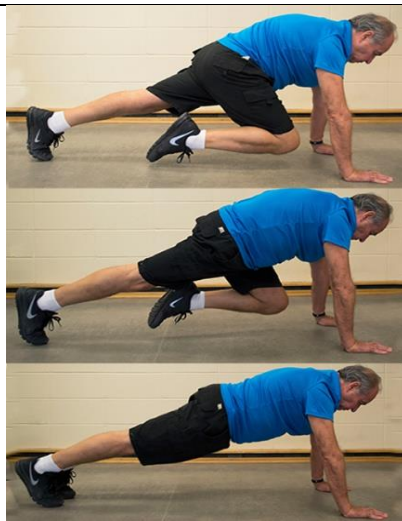
Cues:

1. Place forearms on the floor.
2. Keeping your back straight, slowly raise your hips off the floor while using your knees (easier) or toes (harder) to support your weight.

Modification: You can use either your hands or forearms to support your weight.

6. MOUNTAIN CLIMBERS

(WHOLE BODY)




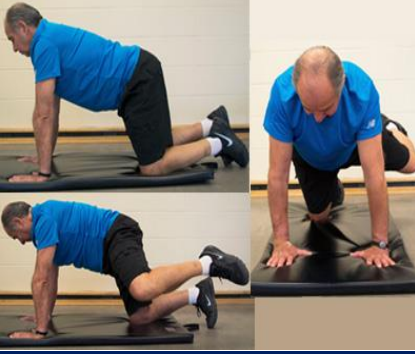
Amount: 3 x 1 minute

Cues:

1. Get into plank position (on your hands).
2. Draw one knee up towards your chest and lower back to starting position as fast as you can.
3. Alternate sides, quickly drawing each knee up.

Modification: Hands can also be placed on a bench or wall.

HOME EXERCISE PROGRAM

<p>7. TWO IN TWO OUT <i>(LEGS)</i></p>		<p>Amount: 3 x 12 reps Cue: 1. Start by standing with feet together. 2. Step one leg outward to the side about 2 feet, then step back to middle. 3. Repeat with alternate leg.</p>
<p>8. FIRE HYDRANTS <i>(GLUTES)</i></p>		<p>Amount: 3 x 12 reps Cue: 1. Start on your hands and knees with your back straight. 2. Keeping your knee bent, lift one leg away from your body at a 45-degree angle, then return to starting position. 3. Repeat with alternate leg.</p>

Cool down: Hold each of the following stretches for 30 seconds. Repeat 1-2 times.

Calves



Quadriceps



Hamstrings



Low back



Upper back



Chest & Shoulders



Stretching photos: <https://www.vecteezy.com> | Exercise photos: @TrueNTHLM