HOME WORKOUT

1A

Grp	Sets	Exercise	Wgt	Reps	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
					Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
A1	1	**Side Lying Arm Circles**	BW	4-6/s												
A1	1	**Hip Prep**	BW	1-2												
		15 sec holds														
A1	1	**Adductor Stretch - Quadruped**	BW	30 sec												
B1	2-3	**Runner Lunge**	BW	8-12/s												
		Hold wall if necessary														
B1	2-3	**Push-up - Incline**	BW	8-12												
		Use counter, chairs, stairs...														
B2	2-3	**Hip Thrust - Bench**	Band	10-15												
		Can be done on floor, band optional														
B2	2-3	**Hollow Tuck**	BW	10-15												
B3	2-3	**Jumping Jacks**	BW	20												
B3	2-3	**Polar Bear Squat**	BW	15												
B3	2-3	**Mountain Climbers**	BW	10												
B3	2-3	**Back Extension Angels**	BW	5												
		Can be done on floor														
C1	1	**Spine Twist**	BW	30 sec												

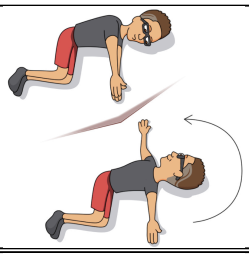
C1	1	**Quad Stretch - Seated**	BW	30 sec							
C1	1	**Hamstring Stretch - Seated**	BW	30 sec							
C1	1	**Pec Stretch - Wall**	BW	30 sec							

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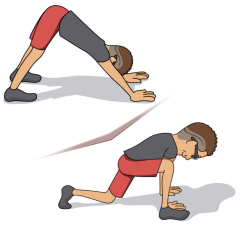
Scan for video

Side Lying Arm Circles



- Lay on your side, legs stacked in a 90 degree position (think of sitting in a chair), and arms stacked in front of you.
- Exhale as you begin to slowly draw a big circle around your body with your fingers along the floor.
- When your arm goes behind you, allow the upper torso to twist with the arm (follow the arm with your head as well)
- Do half your reps clockwise, the other half counter-clockwise.
- Do not allow your top hip to roll backwards during the movement, keep hips stacked.

Hip Prep *(15 sec holds)*



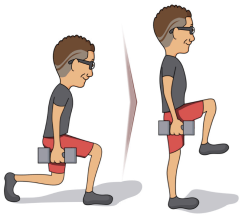
- From a quadruped position, push hips in air, straighten knees and push heels to ground (downward dog)
- Hold for 10 seconds, then step one foot forward to outside of hand. Lower back knee to ground.
- Tuck tailbone and squeeze glutes to drive pelvis forward. Hold for 10 seconds.
- Turn to the side and shift weight over one leg, dropping into a lateral lunge, keeping opposite leg straight. Hold for 10 seconds.
- Repeat all three positions on the opposite side.

Adductor Stretch - Quadruped



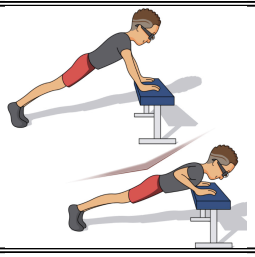
- Start in a quadruped position. Slide one leg straight out to the side, keeping toes pointed forward.
- To increase the stretch, move the straight leg out further.
- Play with angles of the stretch by sitting your hips back towards your heel.

Runner Lunge *(Hold wall if necessary)*



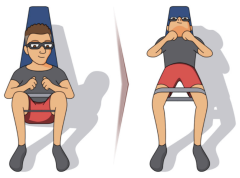
- From a standing position, step back into a lunge, keeping most of your weight over the front leg.
- Lower yourself as far as possible without resting your back knee on the ground.
- Stand back up, driving your back knee up as high as possible in front of you (balance on your planted foot).
- Pause at the top position for 1-3 seconds, then return to the lunge position on the same leg.
- The intensity can be increased by holding weights at your sides or shoulders.

Push-up - Incline *(Use counter, chairs, stairs...)*



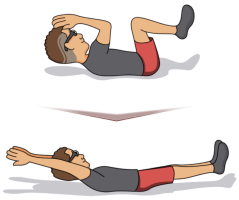
- Place your hands on a box / bench / counter /etc, slightly wider than shoulder width apart.
- Lower your entire body as a plank, the edge of the object should be in line with your chest, not higher.
- Your elbows should be moving out and slightly back (not straight out to 90 degrees).
- Press yourself back up to the start position.
- To progress, use a lower object until you are on the floor.

Hip Thrust - Bench *(Can be done on floor, band optional)*



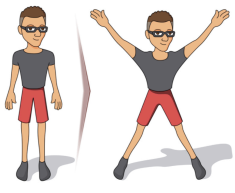
- Begin with your upper back on a bench (or on floor) and feet hip width apart.
- If using a mini-band, place it just above the knees.
- Thrust up by extending your hips and pushing your knees outward.
- Keep the abdominals engaged to avoid hyperextension of the low back.
- Return to the starting position by lowering your hips, stopping just above the ground.

Hollow Tuck



- Start by lying on your back, with your elbows touching your knees. Your upper torso will naturally raise off the ground in this position.
- Extend the arms overhead and straighten out the legs, without letting any limb touch the floor.
- Return back to the starting position.
- Do not let the shoulders / upper torso drop to the floor. If you can't keep off the ground, end the set.

Jumping Jacks



- Start from a standing position with your arms by your side.
- In one motion, hop both legs out to the side while your arms extend overhead from your sides.
- Once your feet land in the wide position, hop back to the starting position.

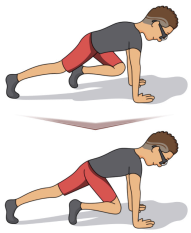
Polar Bear Squat

- Stand with feet hip width apart, toes turned out 20-30 degrees.
- Keeping your spine long, squat down and bring your elbows to the inside of your knees.
- Start the exercise by bringing your hips down towards the floor (keep elbows in place).
- Finish the movement by bringing your hips up in the air, stop before knees become straight.



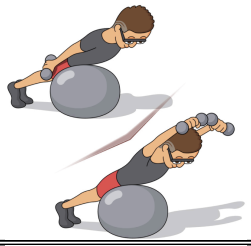
Mountain Climbers

- Start in a push-up position, with hands under shoulders and legs straight.
- Bring one knee straight in towards the elbow while keeping the back as straight as possible.
- In one movement, switch legs (straighten out the bent leg and bring the other knee to the elbow).
- Repeat until complete.



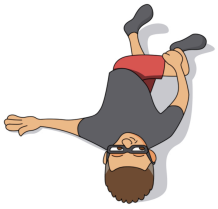
Back Extension Angels *(Can be done on floor)*

- Support your pelvis on a back extension machine or exercise ball (anchor feet in place).
- Keep your torso in line with your legs at all times.
- Start with dumbbells at your side, palms down.
- Slowly bring arms out and up to an overhead position (think snow angel). Return the arms back to your side.



Spine Twist

- Lie on your back with arms out to sides in a "T".
- Raise one leg in the air, grab the knee with the opposite hand and pull the leg across the body.
- Breathe out and relax as the spine twists, keeping the opposite arm on the ground.
- Optional: Pull the knee towards the shoulder for more glute stretch, straighten the knee for more hamstring.



Quad Stretch - Seated

- Sit on the ground with both legs at 90 degrees, dropped to one side.
- Fully bend the back knee as much as possible.
- Walk your torso away from that knee and drop your elbow to the floor.
- Squeeze your glutes to drive your pelvis forward until you feel a stretch in the thigh of the back leg.
- Optional: Reach the unsupported arm overhead (away from the stretched leg).



Hamstring Stretch - Seated

- Sit on bench, chair or floor. Straighten one leg out in front of you (or both legs to stretch both at once).
- Sit upright and think of pushing your tailbone out behind you.
- Increase the intensity of the stretch by pushing your belly button towards your toes.
- The stretch should be felt behind the straight leg in hamstring.
- To stretch the calf at the same time, pull your toes towards your shin during the stretch!



Pec Stretch - Wall

- Stand sideways to a wall or doorframe. Place elbow on wall at shoulder height.
- Step through with the foot closest to the wall, moving the body forwards relative to your elbow.
- Increase the stretch by turning your torso away from the wall.
- Try different shoulder angles, by placing the elbow higher or lower than shoulder height.

