

# At-Home Workout

Sets and rep ranges may vary depending on the following goals:

**Muscle mass:** 3-6 sets x 6- 12 reps (improvements in strength or mass)

**Muscle endurance:** 2-3 sets x 12 or more reps (general toning, fitness)

## Upper body:

- 1-2 rounds through each exercise
- 20 seconds each movement

*\*Can use anything to add weight to these - aluminum cans, water bottles, your kids toys... etc.*

Forward arm circles: with arms extended at shoulder level out to your side- rotate your arms in a forward in the motion of a big circle.

Front raises: With arms fully extended raise your arms in front of your body to shoulder height - make sure to not use momentum or your legs to help bring your arms or the weight up- good posture is very important in all of these so that you can focus on strengthening your shoulders and not recruiting your back to help you

Lateral raises: Arms extended at your side- raise your arms up to shoulder height and lower them down slowly

Shrugs: with your arms extended at your side raise your shoulders to meet your ears- make sure to squeeze your shoulder to your ears at the top of the movement and lower your shoulders down to resting position

## Lower body:

- 1-2 rounds through each exercise
- 20 seconds each movement

Wall sit: - With your back against a flat wall lower yourself until your thighs make a 90 degree angle with your calves or until there is tension on the top side of your thighs- maintain this position for 20 seconds  
[https://drive.google.com/open?id=17NmPct8Fg4XAJ6N7n0TqJCvS676\\_xuX0](https://drive.google.com/open?id=17NmPct8Fg4XAJ6N7n0TqJCvS676_xuX0)

Pulsing lunges: (10 seconds each leg) - with your feet in a split position- one foot out in front of your body and 1 foot behind - drop your back knee down to just before it touches the ground ( or as low as you feel comfortable dropping it) and bend your front knee to a 90 degree angle - make sure not to let your knee go over your toe- on the upward movement come up about 50-75% of the way and begin the downward ascent.

Calf raise walk: stand up on the balls of your feet - making sure not to drop down to your mid foot or heel and walk for 20 seconds

Heel walk: - With the balls of your feet and your mid foot off of the ground walk on your heel for 20 seconds- I realize that you have half problems so it may be challenging so feel free to walk on your heels for brief moments at a time or to ditch this one all together.

## **Cardiovascular Exercise Videos:**

- 1-2 Sets
- 30s each (or as tolerated)

Inch worm with step-

[https://drive.google.com/file/d/1ut5-7KJMF1\\_DkTMhe\\_wYxrE5hiUs00AT/view?usp=sharing](https://drive.google.com/file/d/1ut5-7KJMF1_DkTMhe_wYxrE5hiUs00AT/view?usp=sharing)

Squat with punches-

<https://drive.google.com/open?id=1mj-A2qvfmgKVtISirhyeQj38F2hNevZa>

Forward to reverse lunge-

[https://drive.google.com/open?id=1idhV0WUO8HMQ2\\_SsPKbBtiBuCpxKG5SI](https://drive.google.com/open?id=1idhV0WUO8HMQ2_SsPKbBtiBuCpxKG5SI)

Front single leg kick-

[https://drive.google.com/open?id=1Qx3zHhRYWFS1G\\_FT1r4BmSud3tXhH-M1](https://drive.google.com/open?id=1Qx3zHhRYWFS1G_FT1r4BmSud3tXhH-M1)

Modified mountain climber-

[https://drive.google.com/open?id=1aUSxq0kJ-LeXlUCBqp\\_jAy5-6rEQfBCe](https://drive.google.com/open?id=1aUSxq0kJ-LeXlUCBqp_jAy5-6rEQfBCe)

Standing oblique crunch-

[https://drive.google.com/open?id=14mwzB0f9PwKm\\_R62\\_0xQ4eRPEeMXF9T4](https://drive.google.com/open?id=14mwzB0f9PwKm_R62_0xQ4eRPEeMXF9T4)

No jump mountain climber-

<https://drive.google.com/open?id=1nSyz-s78DDv9qvC2AGWlq38a7IY2h3g3>

## **Flexibility Exercise Videos:**

- Complete 2-4 sets
- Each set should include a 15-30 second hold

Neck-

Look left and right -[https://drive.google.com/open?id=1Gygl5r\\_FDh5B7TzzH5STX2ylva7Fv6pu](https://drive.google.com/open?id=1Gygl5r_FDh5B7TzzH5STX2ylva7Fv6pu)

Shoulders and Chest

Straight arms behind back and seated lean back (delts, pecs)

[https://drive.google.com/file/d/1aPm6O37H9Cgc9f06cUZO-A\\_D756HX0\\_B/view?usp=sharing](https://drive.google.com/file/d/1aPm6O37H9Cgc9f06cUZO-A_D756HX0_B/view?usp=sharing)

Behind head (triceps, lats)

[https://drive.google.com/file/d/19Q87U0HX-pylzdcjpF2DXVw\\_GROwR1NF/view?usp=sharing](https://drive.google.com/file/d/19Q87U0HX-pylzdcjpF2DXVw_GROwR1NF/view?usp=sharing)

Back-

Cross body (delts, rhomboids)

[https://drive.google.com/file/d/1G5mETI4k2qtg\\_LEdWXvSDRnQMEr1gmmW/view?usp=sharing](https://drive.google.com/file/d/1G5mETI4k2qtg_LEdWXvSDRnQMEr1gmmW/view?usp=sharing)

Arms overhead (lats)

<https://drive.google.com/file/d/1pV8Tb3kCp49eX6NkpKmuABtF8LB9u67-/view?usp=sharing>

Seated Twist/pretzl (oblique, erector spinae)

[https://drive.google.com/file/d/1M8enX7b7uq2dMRsPqokhB2IE\\_6ldfmrT/view?usp=sharing](https://drive.google.com/file/d/1M8enX7b7uq2dMRsPqokhB2IE_6ldfmrT/view?usp=sharing)

#### Hips-

Lying knee to chest (hip extensors)

[https://drive.google.com/file/d/1GdzU6D8Uqa\\_ffiwJOPwU-YLueE7cqIC7/view?usp=sharing](https://drive.google.com/file/d/1GdzU6D8Uqa_ffiwJOPwU-YLueE7cqIC7/view?usp=sharing)

Butterfly (hip adductors)

[https://drive.google.com/file/d/1956I0n\\_eW\\_NPRDM5CS8bb3gIYm02YmtE/view?usp=sharing](https://drive.google.com/file/d/1956I0n_eW_NPRDM5CS8bb3gIYm02YmtE/view?usp=sharing)

Pigeon pose (hip abductors)

<https://drive.google.com/file/d/1b9yCUz6ynUC3b-hUIkVU2mLVzs1ArrUk/view?usp=sharing>

#### Torso-

Arms over head with side bend (obliques, lats, serratus)

[https://drive.google.com/open?id=1iOeVvJ\\_T7xmNOqSaE73WdrkVvU899MBm](https://drive.google.com/open?id=1iOeVvJ_T7xmNOqSaE73WdrkVvU899MBm)

#### Lowerbody-

Lying side quad stretch (quads, iliopsoas)

<https://drive.google.com/file/d/1ZuuDE4HDTPFQc1gzqN7m6H3xnhqoU2mu/view?usp=sharing>

Seated toe touch (hams, erector spinae)

<https://drive.google.com/file/d/1jappZ4T12kei3eCfFRrCB7mCWHIsAyQ1/view?usp=sharing>

Semistradle (hams, erector spinae)

<https://drive.google.com/file/d/1Do1E1RWvhD48IsqrsNjxQCreb0sAgEkz/view?usp=sharing>