

**At Home
Routine**



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Warm-Up

| | |
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| 20 minute Bike Ride/Run/Jog/ Elliptical | Moderate to High Intensity |
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Workout

| Exercise | Notes | Set 1 | | Set 2 | | Set 3 | |
|--|---|--------|--------|--------|--------|--------|--------|
| | | Reps | Weight | Reps | Weight | Reps | Weight |
| Standing Squats | Modify – Hold a banister | 20 | | 20 | | | |
| Using the resistance bands with handles wrap them around a banister or stable pole | | | | | | | |
| Chest Press | Stand facing away from banister and push handles away from body | 20 | | 20 | | | |
| Standing Back Row | Stand facing banister arms outstretched towards banister and pull back twisting the hands and bringing them to chest level | 20 | | 20 | | | |
| Overhead Press | Stand away from banister and push the handles forward and above the head, bringing the biceps the ear | 20 | | 20 | | | |
| High Pull | Standing, row upwards, bringing your elbows high | 20 | | 20 | | | |
| Modified Push-up Or Regular Push-up | Feet shoulder with a part, lean with your body straight chest facing a banister or high bureau or dresser. Perform a push up movement | 20 | | 20 | | | |
| Leg Work – Lunges with the banister | Start with one leg forward, back leg, knee bent and on floor | 10/leg | | 10/leg | | | |
| Leg Tucks | Laying on yoga mat, legs straight, lift them and bring knees to chest, stretch them back out | 20 | | 20 | | | |
| Pilates Sit-ups | Laying flat down tuck your chin into your chest and sit up keeping your legs straight. As you come upright, sit up tall opening up your arms. Tuck your chin back to chest and slowly roll back down. | 20 | | 20 | | | |
| Super Set | Bicep Curls - One arm Overhead Tricep Extension | | | | | | |
| Standing High Knees | Raise alternate knee and alternate arm back and forth – running motion in same position | 90secs | | 90secs | | 90secs | |

Cool Down

| | |
|---------|-------------------------|
| Stretch | Standing Stretch Series |
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