

HOME WORKOUT

Please do a daily home workout for ~ 45 minutes. If possible try to get together in groups for mutual support. One example workout is below ... feel free to substitute exercises if you have favorites.

Stick to the on/off/rest time and do vigorously to achieve some aerobic benefit as well. For those with smart phones there are lots of Tabata timer apps.

Warm-up – 2 minutes of Jumping Jacks

Stretch – 5 minutes of light stretching

Workout – Tabata (sets of paired exercises, done for 20 sec with 10 sec off – do pair 4 times/take a 1 min break

1st Pair – Pushups/Crunches (5 min)

Pushups – 20 sec; 10 sec rest

Crunches – 20 sec; 10 sec rest

Repeat 3 more times ... than rest 1 mi

2nd Pair – Jumpies/Scullers (Sculling Sit-ups) (alternate exercises as above – 5 min)

3rd Pair – Mountain Climbers/Back Extensions (Supermans) (5 min)

4th Pair – Squat Thrusts/Planks (5 min)

5th Pair – Standard Squats/Bridges (like reverse plank – on back with feet flat on floor, raise butt to create “bridge”) (5 min)

6th Pair – V-Crunches/Lunges (5 Min)

7th Pair – Wall Sits/Compass Jumps (start in center of “compass” ... jump N, back to center; jump S, back to center, etc) (5 min)

Add pairs or repeat pairs if you'd like. When done, do at least 10 minutes of good stretching.