

WORKOUT @ HOME

Workout @ Home Program

Workout #1 - Body Weight Workout – No equipment required

Prepared for you by Tanya, Wellness Program Coordinator

Consult your healthcare professional before beginning any exercise program. The TLC is not responsible or liable for any injuries sustained while using the content provided. Have fun and be safe!

Repeat this sequence as prescribed for two or three rounds. Record how many of each exercise you are able to do in the one minute and then see if you can beat that the next time you do this workout! On alternate days focus on a cardio workout this week like walking or running outside. Be sure to keep safe distance from others while out on the sidewalks and trails.

Equipment/Space Requirements

This workout requires little space and no equipment. A timer is recommended but not necessary. If you don't have a timer you can do 10-20 reps per exercise, or until fatigue.

Warm-up

Warm up your muscles for at least five minutes with dynamic movements like jumping jacks, running on the spot, stationary marches, butt kicks, side to side steps or hops, arm circles, etc.



Squats

- Start with stance, feet straight and shoulder-width apart. Engage buttocks, spine straight, shoulders back and belly tight. Lower down and drive knees out and keep spine as straight as possible until you reach your full depth. Slowly rise keeping the same form of neutral spine, knees out, shoulders, back and belly tight.

Modifications: Slide fingers to top of knees and slowly return to standing or using a chair to stand up from or for extra help.

Prescription: One-minute timed – do as many as you can with good form.

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Pushups

- Start kneeling to set hands about shoulder width apart, fingers pointing straight ahead. Straighten legs back, feet together and squeeze glutes. Keep bodyweight slightly back to keep load off the shoulders. Slowly start to lower with elbows pointing towards feet till arms are in a 90 degree position. Keeping back flat, shoulders retracted, glutes squeezed and belly tight as you press out of the bottom position.

Modifications: Place hands on wall/counter or perform from knees.

Prescription: One-minute timed – do as many as you can with good form.



Mountain Climbers

- Performed from a plank position, alternate bringing one knee to your chest, then back out again, speeding up each time until you're "running" against the floor.

Modifications: Place hands on wall/counter.

Prescription: One-minute timed – do as many as you can with good form.



Forward Lunges

- Stand with feet hip-width apart, engage your core, and take a big step forward. Activate your glutes as you bend front knee to lower your body so back knee lightly taps the floor while keeping upper body upright. Drive front heel into the floor to return to starting position. Repeat on the other side.

Modifications: Place a chair in front or side of you for support and take smaller steps forward.

Prescription: One-minute timed – do as many as you can with good form.

WORKOUT @ HOME



Side Lunges

- Start standing with legs slightly wider than shoulder-distance apart and toes pointed forward. Shift your body weight to one leg bending the knee until it reaches a 90-degree angle and the other leg is straight. Glutes are pressing back behind you. Return to center and switch sides.

Modifications: Place a chair in front or side of you for support and make the lunge shorter.

Prescription: One-minute timed – do as many as you can with good form.



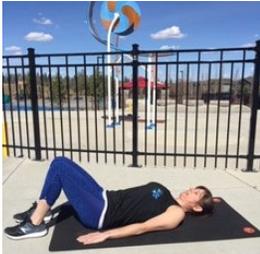
Dips

- Sit on the floor place hands next to your hips with your fingers pointed at your feet. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body with full extension in the arms. Lower yourself until your elbows are bent between 45 and 90 degrees.

Modification: Rest your hands on the seat of a sturdy chair and place your feet on the floor in front of you. Then, bend your legs when you dip. When you lower your body down into the dip, you can use your legs to push yourself back up until your upper body gets stronger.

Prescription One-minute timed – do as many as you can with good form.

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Alternating Bridge Kicks

- Lie on your back with both knees bent. Lift your hips into the air as high as you can, simultaneously squeezing your glutes and keeping your shoulders on the floor. Once you are in the bridge position, extend one leg straight out and hold for 5 seconds.

Modification: Raise hips off the floor, hold for 5 seconds and lower. Omit the single leg raise.

Prescription One-minute timed – do as many as you can with good form for one minute.



Plank

- Plant hands directly under shoulders. Ground toes into the floor and squeeze glutes to stabilize your body. Keeping back flat, shoulders retracted, butt squeezed and belly tight. Neutralize your neck, spine and head should be in line with your back. This can be performed from forearms as well.

Modification: Start an all fours and walk your hands forward until your body forms a straight line from your head to your knees. Keep your abs lifting away from the floor and do not allow your pelvis to sag. Engage your hamstrings and glutes while you bend your elbows as low as you can hold this position.

Prescription: One-minute timed – try to last the full minute. If you can't, take a quick break and come back in when you can until the minute is up.

Cool-down

It is important to also allow the body to cool down after a workout. You could choose foam rolling or stretching gently. Here is an example from Active 4 Living! <https://www.centre4activeliving.ca/news/2020/04/flexibility-exercises/>

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