

WORKOUT @ HOME

Workout @ Home Program

Workout #3 - Pillow Workout

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. On alternate days focus on cardio by getting your heart pumping for at least 10 minutes at a time, two or three times per day.

Equipment/Space Requirements

This workout requires little space and just a pillow to use.

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.



Burpees with Overhead Press

- Start in standing position with pillow in both hands at chest height. Place pillow on ground, hands stable on either side of pillow. Kick legs backward into a plank position and immediately bring them back. Grab pillow and stand up. As you are standing up, bring pillow up and press directly overhead. Return to starting position and repeat.

Modifications: Slowly lower body and kick out one leg at a time.

Prescription: 10-15 reps



WORKOUT @ HOME



Ab Hollow

- Lie down flat on your back and contract the abs, pulling the belly button towards the floor. The arms and legs should be held straight out from the body with hands and toes pointed. Holding pillow in your hands, slowly raise shoulders and legs from the ground. The arms and head should be raised along with the shoulders. The lower back must remain in contact with the floor. Hold for 30-60 seconds taking a break if needed.

Modifications: Hold from a seated position and take breaks during time.

Prescription: 10-15 reps



Donkey Kicks

- Position yourself on all fours with your hands underneath your shoulders and place your knees under your hips. Keep one knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip. Place pillow on hamstring and squeeze with calf. Lower the knee without touching the floor and repeat the lift.

Modifications: Do without pillow

Prescription: 10-15 reps



Plank Pull Through

- Begin in a full plank position with a pillow on the floor a few inches away from the outside of right hand. Engage abs to keep torso steady and reach with the left arm under right to grab the pillow. Pull it across the floor to the left side of body, releasing it just outside of left hand and then return to plank. Repeat with opposite hand.

Modification: Perform from knees without pillow. Move left hand to beside right hand and return to start. Alternating sides.

Prescription: 10-15 reps

WORKOUT @ HOME



Hop Overs

- Place pillow on the floor and stand to one side. Hop over pillow with both feet and hop back.

Modifications: Step over pillow with one foot and then the other. Step back over.

Prescription: 10-15 reps



Laying Hands to Feet Pillow Passes

- Lay on your back placing the pillow in your hands stretched out above your head, legs flat. Bring hands and feet up at the same time. Transfer pillow between feet and lower to ground and bring hands back extended overhead. Repeat motion to transfer pillow back to hands.

Modifications: Keep knees bent and place pillow between knees and do not fully extend legs passing pillow back and forth between knees and hands.

Prescription: 10-15 reps



Slams

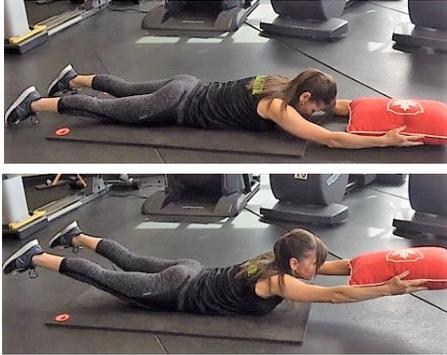
- Stand with your feet hip-width apart and holding a pillow in both hands directly in front of your chest. Raise pillow overhead and slam in down into the floor. To retrieve, low yourself down in a slow controlled squat keeping chest up and back straight. Pick up pillow and extend overhead and slam again.

Modification: Use a higher surface like a couch to eliminate the squat.

Prescription: 10-15 reps



WORKOUT @ HOME



Laying Back Extensions

- Laying on stomach with legs extended and arm extended overhead with pillow between both hands. Exhale, contract abdominal and core muscles to stabilize your spine and slowly raise both legs a few inches off the floor while simultaneously raising both arms a few inches off the floor. Keep both legs and arms extended and avoiding any rotation in each. Maintain head and torso position, avoiding any arching in back or raising of your head. Hold this position briefly and return to ground.

Modification: Start on your hands and knees in a "tabletop" position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor. Tuck your chin towards your chest, and let your neck release. This is your cat-like shape. On your inhale, arch your back, let your belly relax and go loose. Lift your head and tailbone up towards the sky – without putting any unnecessary pressure on your neck.

Prescription: 10-15 reps

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/>

Don't forget to tag us and share your photos of you getting active!

Facebook: @trileisure

Instagram: @trileisurecentre

Twitter: @trileisure