



In-Home Exercise Plan

Here's a full body strength training workout that will build muscle, burn fat and provide an option to increase intensity in order to get cardiovascular activity at the same time. This workout can be performed 2-3 times a week with a full rest day off before repeating it again. Remember these are a few basic moves; there is much more you can do to change and vary your workout to suit your individual needs and interests. ***Please remember to always check with your doctor prior to starting any exercise program.***

Overview: This is a circuit training format in which you run through each exercise in order 10-12 times (reps) then take a :30-1:00 rest. You then perform the entire exercise list again. Continue for a total of 2-4 times (sets). You can add CARDIO to the workout to increase intensity and burn more calories if you desire. Some options might include jumping rope, performing jumping jacks or ski jumps. Perform cardio for 30 seconds to 1:00 and always work at your ability level.

Exercise Routine: Full Body Circuit

OPTION ADD CARDIO :30-1:00

- 1 Squat, bicep curl, shoulder press (if you can not squat perform against wall and go down as low as you can)
- 2) Standing lunge with lateral raise
- 3) Stability Ball Chest Press
- 4) Stability Ball or Floor Back Extension

OPTION ADD CARDIO :30-1:00

- 5) Standing Row (mid back)
- 6) Tricep Dip
- 7) Bridge (use floor, chair, or resistance ball)
- 8) Floor or Stability Ball Crunch

Exercise Illustration:

Squat, Bicep Curl to Shoulder Press



Keep chest and head up so weight is in your legs and buttocks. If you cannot perform the squat use a wall as your support and go down as low as you can comfortably. Remember to not swing your arms.

Walking Lunges with Lateral Raise



Keep chest and head up so weight is in your legs and buttocks. Raise arms out to side only to a 90 degree angle. Perform one leg at a time. Use a lighter weight for the raises as you will be doing more reps.

Stability Ball Chest Press



Make sure head and neck are fully supported by ball. Keep your hips up to engage your core.

Back Extension

Floor (Option 1)



Ball (Option 2)



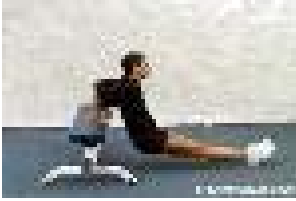
With back extension you can lie on floor or use a stability ball to progress the exercise. Place hands to your sides or behind the head (more advanced). Keep eyes at floor; squeeze the back to lift the chest a few inches off the floor.

Standing Row w/Resistance Band



Keep chest up and head straight. Squeeze shoulder blades together hold a second and repeat. Do not let shoulders come forward.

Tricep Dip



Keep chest and head up. Back and buttocks should skim bench or chair.

Bridge (shown on ball)



You can perform on chair, couch, or ball. Perform one leg at a time as this exercise gets easier. Remember to come all the way up to a 45 degree angle and squeeze your buttocks at the top.

Floor or Ball Crunch



Keep eyes up, elbows back. Hold for a 2 second count at the top.