

BEGINNER'S GUIDE



AT-HOME WORKOUT

Stay Healthy ◦
Improve Flexibility ◦
Maintain Muscle & Strength ◦



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Intro

This easy-to-follow 'Beginner In Home Exercise & Stretching Routine' is perfect to implement when stuck at home or when you don't have access to your normal exercise activities due to sickness, vacation, etc.

Regular resistance training and stretching has a long list of benefits including:

- Boosted Immune System
 - Improved Blood Flow
- Improved & Stabilized Mood
 - Improved Weight Loss
- Improved Flexibility, Balance, & Strength
 - Boosted Self Confidence
 - Increased Self Worth
 - Improved Sleep Patterns
- Reduced Stress & Anxiety
 - And More

Warmup

Perform this warm up each day before doing either the Exercise Routine or the Stretching/Breathing Routine.

Begin the warm up by marching in place for approximately 30-45 seconds, swinging the arms. As you march, bring the knees up a little higher with each step, until the thigh is parallel with the floor.

As you perform the warm up and throughout the workout, remember to inhale and exhale fully out 3 times after each exercise.

Warmup



“Squat” Full Body Warmup

Squat

Stand with feet shoulder-width apart and hands extended to the front, parallel with the floor.

Inhale forcefully and continue to inhale as you squat down using a quick, smooth moment, until your thigh is parallel with the floor. As you perform this exercise, don't let the knee extend over the toe. (Note: This warm up squat is done more rapidly than the squat you will do in the Exercise Routine. For the Warm-up, you take only about two seconds to go down, and two to come back up.)

Exhale explosively, then continue to blow air out as you return to standing position, taking two or three seconds to do so. Do 5 repetitions of the warm up squat.

After the 5th warm up squat, take 3 deep breaths making sure to exhale fully.

Exercise & Stretching Routine

Monday, Wednesday, & Friday

Perform the complete Exercise & Stretching Routine on Monday, Wednesday, and Friday. This routine should take you approximately 40 minutes. Begin with the warm up described on the previous pages, then perform the routine as follows.

Hamstring Exercise & Stretch



“Lunge” Hamstring Exercise

Lunge

Stand erect. Keep your head up and back straight.

Simultaneously step forward with your right leg until your knee is directly over your right ankle. Keep your back straight, stomach tight, and chest up. Slowly lower the left knee until it’s approximately 6 inches above the floor.

Push through the right leg to bring your body back to the starting position while continuing to keep your back straight, stomach tight, and chest up.

Perform 10 repetitions with the right leg forward, and then repeat for 10 repetitions with the left leg forward.



Hamstring Stretch

Hamstring Stretch

Stand with your feet together and knees slightly bent.

Bend over from the waist and grab onto the calves, pulling the head and shoulders towards the legs, stretching the lower back and hamstrings. Inhale and exhale, holding the stretch for 7 seconds.

Relax the stretch and return to standing position.

Repeat the stretch once more.

Quadriceps Exercise & Stretch



“Squat” Quadriceps Exercise

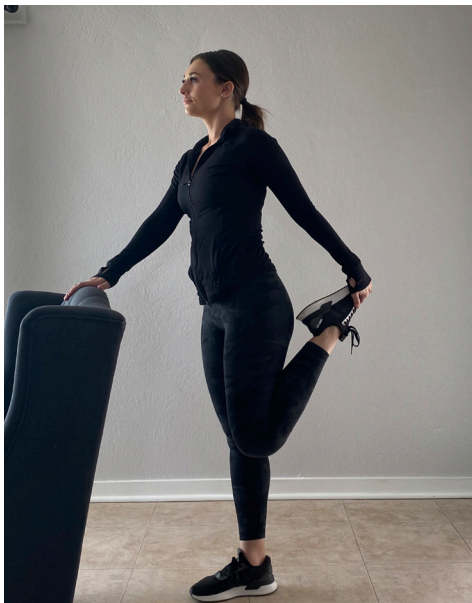
Squat

Stand flat-footed, with feet shoulder width apart and arms comfortably at your side. Keep your head up and back straight.

With a smooth movement, taking 7 seconds to do so, squat down until the upper thighs are parallel with the floor. Ensure that your toes do not extend past the knees.

Pushing through the heel of your foot, return to the starting, standing position.

Perform 10 repetitions. If you're able to perform all 10 repetitions with ease, consider adding weights to your exercise routine.



Standing Quadriceps Stretch

Standing Quadriceps Stretch

Stand with feet shoulder width apart, balancing yourself by holding onto a wall or chair.

Grasp your right foot, near the toes, and pull your heel up toward your buttocks. Ensure to keep your stomach tight and chest up. Hold the stretch for 7 seconds.

Relax the stretch and return to standing position.

Repeat the stretch once more with the right leg. Then perform 2 repetitions with the left leg.

Thigh Adductor Exercise & Stretch



Inner Thigh Exercise

Inner Thigh

Sit on the floor facing a chair, keeping the back straight. With legs relaxed, extend them and place the feet on the outside of the chair legs.

With the feet against the chair legs, begin to push the legs together against the chair legs, working the inner thighs. Continue to push against the chair for 7 seconds.

Repeat for 10-12 repetitions.



Adductor Stretch

Adductor Stretch

Sit on the floor with the back straight. Bend the knees, placing the bottoms of the feet together with the heels near the body. Drop the knees down toward the floor and place the elbows on the knees. Keeping the elbows in place, comfortably rest the hands on the legs, near the ankles.

Begin to stretch by pushing the elbows out against the knees, stretching the inner thighs. Hold for 7 seconds.

Repeat the stretch once more.

Thigh Abductor Exercise & Stretch



Outer Thigh Exercise

Outer Thigh

Place a resistance band around the legs above the knees. Sit on the edge of a chair or bench with the knees bent, back straight, and feet facing forward. Begin to push the legs apart, working the outer thigh and glute. Hold for 7 seconds.

Repeat for 10-12 repetitions.



Lateral Hip Stretch

Lateral Hip Stretch

Sitting upright and keeping the glutes on the floor, cross your right leg over your left leg (should be extended) and place the right foot flat on the floor near the left knee. Place your left hand on the opposite side of your right knee and twist your back, using the force of your left arm, towards the back. Hold for 7 seconds.

Repeat once more, then switch legs and do 2 repetitions with the opposite leg.

Glute Exercise & Stretch



“Leg Lift” Glute Exercise

Leg Lift

With hands and knees on the floor, keep the back straight and the shoulders even with the hips. Begin to lift the right foot up, with the bottom of the foot parallel to the ceiling and the knee bent at a 90 degree angle. Then, slowly lower the leg back to starting position with both knees on the floor.

Repeat for 10-12 repetitions with each leg.



“Single Knee To Chest” Glute Stretch

Single Knee To Chest

Lie on your back with legs extended.

Keeping the left knee slightly bent, slowly pull the right knee towards the chest until you feel a good stretch in the glutes. Hold for 7 seconds.

Perform 2 repetitions on each leg.

Chest Exercise & Stretch



“Push Up” Chest Exercise

Push Up

Take a standard push-up position with the hands slightly wider than shoulder-width. (For most people, it’s preferable to perform push ups from the knees.)

Begin lowering the body towards the floor by bending the elbows, taking 7 seconds to do so. Once the body is a few inches from the floor, begin to push the body back up into starting position, taking 7 seconds to do so.

Repeat up to 12 repetitions.



Chest Stretch

Chest Stretch

Lift the arms with the hands facing forward and elbows bent at a right angle until the upper arm is even with the shoulders.

Push the arms back, pulling the shoulder blades together and feeling the stretch in the chest. Hold for 7 seconds.

Repeat once more for a total of 2 repetitions.

Upper Back Exercise & Stretch (choose 1 of the following 2 exercises)



“Door Row” Upper Back Exercise 1

Door Row

Roll up a towel and place the middle of the towel against the edge of the door, just above the doorknob. Loop the towel around the doorknob, while holding onto the ends of the towel in each hand.

Straddle the door with your feet (one foot on each side of the door). Bend the knees, keeping your elbows in next to the body. Lean the torso down and back so that the arms are extended and thighs are parallel to the floor. Keep the torso straight and angled away from the door. Begin to pull yourself up toward the door, back to starting position.

Perform 10-12 repetitions.



“Seated Buddy Lat Pull” Upper Back Exercise 2

Seated Buddy Lat Pull

Using a piece of rope or bath towel, grasp one end while your training partner grasps the other. Sit across from one another, with knees slightly bent, feet against your partner’s feet.

Keep your backs straight and hands up throughout the entire exercise. Relax and extend your arms, while your partner’s upper arms are kept against his/her side.

Using your lats and sitting up straight, start pulling the towel toward you while your partner applies resistance. As you pull, imagine that you are trying to make your shoulder blades touch. Don’t pull with your chest or abdominal muscles. Make your lats do the work. Bring the towel to your chest and “pull” for 7 seconds. Then it’s your partner’s turn to pull the towel, while you apply resistance.

Continue this back-and-forth motion until each of you have completed 10-12 repetitions.

Upper Back Exercise & Stretch



Lat and Bicep Stretch

Lat and Bicep Stretch

Sit or stand with your right arm raised above your head. Raise your left arm up, then bend it at the elbow and with the left hand take hold of your right arm near the elbow.

With your left hand, pull your right arm to the left, feeling the stretch in the lats and biceps. Hold for 7 seconds.

Repeat stretch once more with your right arm; then perform 2 times with the left arm.

Triceps Exercise & Stretch



“Chair Dip” Tricep Exercise

Chair Dip

Sit on the edge of a chair or bench with your feet on the floor. (At first, you will want to have your legs bent at a 90 degree angle. As your strength increases, you will be able to extend the legs straight out.) Place your palms on the sides of the chair or bench seat just behind you, slightly more than shoulder width apart.

Keeping the body upright, lower yourself slowly (for 7 seconds). Begin to push the body back to the starting position. Keep your stomach tight throughout the entire movement.

Repeat for 10 repetitions.



Tricep Stretch

Tricep Stretch

Sit or stand with your right arm raised overhead next to your ear. Bend the arm at the elbow, so that your right hand is resting near your right shoulder blade.

Grasp your right elbow with your left hand and pull your elbow behind your head. Hold stretch for 7 seconds.

Repeat the stretch 1 more time on the right side. Repeat stretch with the left arm, performing 2 repetitions.

Abdominal Exercise & Stretch



“Crunches” Abdominal Exercise

Crunches

Lie on your back on the floor with your hands on your chest. Bend the knees and bring the heels of your feet in toward the buttocks, keeping the knees no more than 3 inches apart. Keep your heels on the floor and raise the toes.

Begin to lift the shoulders and back up off the floor, keeping the chin up and the neck straight, until the shoulders are 6-12 inches off the ground. Don't crunch forward. You should feel as if you are raising your face to the ceiling, rather than the top of your head.

Hold position for 7 seconds. Begin to slowly lower the body back down.

Repeat for 10 repetitions.



Abdominal and Back Stretch

Abdominal and Back Stretch

Kneel on the ground on 'all fours'. Push your stomach toward the floor, keeping the buttocks and shoulders up. Begin to pull the stomach back up, arching the back and bringing the chin to the chest. Push your stomach in and up.

Repeat 3 more times.

Stretching Routine

Tuesday, Thursday, and Saturday

On Tuesday, Thursday, & Saturday (preferably in the morning), perform only the stretching portion of the Exercise and Stretching Routine. The Stretching Routine should take approximately 15-20 minutes.

Perform each of the stretches in the order given throughout.