

# ACTIVE AT HOME

## 30 MINUTE GUTS & BUTTS

**EQUIPMENT:** Weights or cans or household items

**WARM UP: 1-3 Minutes**

- Move around your house; go up and down stairs, run around your kitchen!
- 4 X 30sec sets = last 2minutes of the warm up
- 10 Cossack squats (*low squat on 1 leg, extend other leg out with heel to floor, switch legs*)

**WORK OUT: 4 Rounds**

- 10 step-ups per leg
- 10 1-leg squats per leg (*find a short chair and control yourself down slowly on 1-leg, stand up on both legs*)
- 10 back to front lunges/per leg (*lunge to back, lunge to front with no rest in the middle*)
- 10 single leg deadlifts/per leg (*stand straight, forward fold, slight knee bend, reach for toes. Even if you don't use a weight... you'll still feel it!*)

**CORE: 3-4 Rounds**

- 10 V-ups (*to 1 or both legs*)
- 20 Russian Twists per side
- 20 Squirmyies per side
- 30-second Plank
- 10 Superman Lifts

**COOL DOWN: 30 Sec per side**

- Calf Stretch (*heel to floor, toe up on wall, lean into wall*)
- Quad Stretch (*cradle foot in same side hand, press hips forward, hold wall for balance if needed*)
- Hamstring Stretch (*forward fold, keep slight knee bend*)
- Arm Stretch (*bring one arm across chest, press into extended forearm with opposite hand*)
- Shoulder/Chest Stretch (*clasp hands behind back or reach behind back and press down/away from body*)
- Child's Pose (*kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms*)
- Breathe (*deep inhales, deep exhales*)

GREAT WORKOUT!



Remember to always exercise within your means. Modify or take breaks as needed!