

ACTIVE AT HOME

Power Hour Workout

EQUIPMENT: 2 Weights

OPTIONAL EQUIPMENT: Skipping Rope, Bench/Step

WARM UP: 3-5 Minutes

Move around your house; go up and down stairs, run around your kitchen!

Round 1: Complete **line 1** for 30 sec then line 2 = Repeat for all lines

Round 2: Complete **line 1** for 20 sec then line 2 = Repeat for all lines

Round 3: Complete **line 1** for 10 sec then line 2 = Repeat for all lines

- 1. Skipping (with or without a rope)/ Jack squats (get low)**
2. Strength: 15 Front Lunge each leg / 20 Narrow Squats

- 1. High knees (Run or march) / X – Country ski**
2. Strength: 20 Side Squats (10 each side) / 15 Back Lunge each leg

- 1. Frog Jumps / Up and Over a Bench (or you could use a pillow)**
2. Strength: 15 Tricep Kickbacks, 15 Overhead Extension, 15 Dips

- 1. Step ups (on bottom steps-alternate lead leg) / Burpees (modified option)**
2. Strength: 15 Shoulder Press, 15 Upright Row, 15 Lateral Raise

- 1. Right Leg Repeater (from floor or a bench) / Left Leg Repeater (floor or bench)**
2. Strength: 15 Back Fly / 15 Back Row

- 1. Speed Skaters / Curtsey Lunge**
2. Strength: 15 Bicep Curl / 15 Front Raise

Round 3:

15 push-ups + 15 Sit-ups

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

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!