

# ACTIVE AT HOME

## STONE IT UP #3

**EQUIPMENT:** 2 Weights or cans or household items, 1 small fitness ball, mat

**Warm Up 5min:** Cardio around your house/stairs

### **Set 1: 30 sec intervals (2 rounds)**

- Sumo Squat – Rotating Press (Wrists face shoulders, press up to mirror)
- 2 Rows + Fly - Hinged
- Plank To Catcher Squat(10)
- Plank wide knee to elbow (spiderman)
- Stiff left Deadlifts
- Plank To Catcher (5)

### **Set 2: 30 sec intervals (2 rounds)**

- Squat, Reverse lunge, shoulder press
- Squat (weights drop), lateral raise
- Sumo Squat, upright row
- Sumo squat hold & pulse rows
- Sump squat pulse, no weights
- Dynamic Cardio Skaters (5)

### **Set 3: 30 sec intervals (2 rounds)**

- Plank rows with weights
- Side Plank rows with weights
- Jumping Jacks
- Hinged row, hammer curl, overhead press
- Wrists up reverse Hinged row, bicep curl, press
- Wide bicep curls
- Jumping Jacks

### **Set 4: 30 sec intervals (2 rounds)**

- Still Sumo Squat, lateral serving
- 1 leg overhead press
- Bender Ball toe taps
- Diamond squat, front raise
- 1 leg deadlift
- Bender Ball toe taps

### **Set 5: 30 sec intervals: On mat**

- Laying chest press, hip lift
- Laying sit up weights to bent knees, overhead tricep ext
- Speed Bicycles
- Plank row with weight, tricep extension
- Plank hands to forearms
- Speed Bicycles

### **Set 6: 30 sec intervals: Core/Glutes**

- Table top donkey kicks, ball between calf/hamstrings
- V-Sit ball squeeze between thighs
- V-sit ball squeeze between palms
- Leg lower, ball between ankles
- Ball in palms, straight arm to leg 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 & Breathe (*deep inhales, deep exhales*)



GREAT WORKOUT!

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